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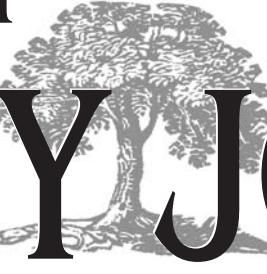
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ukiahdailyjournal.com

The Ukiah



Mendocino County's
local newspaper



Tomorrow: Cloudy
High 55; Low 42

TUESDAY
Jan. 1, 2008

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Ringing in the new ... LAWS

By BEN BROWN

The Daily Journal

Californian's will be dealing with a host of new laws in the new year, including ones that ban smoking in cars with minors, increase the minimum wage and a bill from a North Coast Assemblywoman that would eliminate paperwork for HIV testing.

Starting today, anyone found smoking in a car containing a minor child will be subject to a \$100 fine. Officers will not be able to pull drivers over for the offense, but will be able to ticket them for it if they are pulled over for other offenses such as speeding or driving under the influence.

"Smoking in the car with a child is not smart, now it's also illegal," said Ann Molgaard, executive director of Mendocino County First 5.

Second hand smoke can lead to increased rates of asthma, bronchitis, pneumonia and ear aches as well as causing children to miss school due to illness and causing parents to miss work to take care of them, Molgaard said.

Molgaard said she hoped the law would provide further encouragement for people to quit to smoking.

Molgaard said anyone who is looking for help to quit smoking should contact Tobacco Free California at 1-800-NO-BUTTS.

In an effort to slow the spread of AIDS, Assemblywoman Patty Berg (D-Eureka) wrote a bill that will add HIV testing to the routine battery of blood tests taken during a check-up. Patients could opt out of the test verbally.

"Routine HIV screening prevents the spread of AIDS," Berg said. "Early knowledge of HIV status allows patients to begin new treatments that can dramatically extend lives."

Under previous laws, patients had to request an HIV test from their doctor. Berg's law drops that requirement.

The law would also clarify HIV testing for pregnant women, making it a routine test rather than treating it differently as was previously the case.

The Center for Disease Control estimates that over 1 million Americans are living with HIV and that 25 percent do not know they are infected. The California State Office of AIDS estimates that between 30,000 and 40,000 Californians have HIV and do not know it.

"This preventive health care reform will increase the number of people who are tested for HIV leading to the decrease in the number of people who are unknowingly spreading the disease," said Assemblyman Jared Huffman (D-San Rafael.)



JoAnn Holliday of Ukiah, drives and talks on her phone daily. The new law banning hand-held cell phones while driving that takes effect July 1 is "a good thing" according to Holliday. "People should pay more attention" while driving, she says. Holliday drives and talks every day because of work, but wishes the phone companies made more comfortable ear pieces.

Car smoking ban, minimum wage hike among new California laws

By STEVE LAWRENCE

Associated Press

SACRAMENTO — Lighting up behind the wheel will become an expensive habit in California if there are kids in the car.

Starting Tuesday, motorists could be hit with fines of up to \$100 for smoking in a vehicle containing a child.

The ban is among hundreds of changes in state law that take effect with the new year. Others include the second increase in the minimum wage in 12 months and measures to require more efficient lights, promote solar water heaters and ease the way for more homeless shelters.

The smoking ban is the latest attempt by the state to shield people from the health risks created by breathing secondhand smoke. California already prohibits smoking in enclosed workplaces, including taverns and restaurants, and within 25 feet of a playground.

Two other states — Arkansas and Louisiana — have laws that bar smoking in vehicles containing children. The Arkansas statute applies to children under age 6 or 60 pounds. The Louisiana law covers children under age 13.

California's ban would prohibit smoking in a vehicle containing anyone under 18, but the traffic stop would have to be made for another offense, such as speeding, before a vehicle's occupant could be cited for smoking.

The measure's author, state Sen. Jenny Oropeza, D-Long Beach, agreed to that concession to assure its approval by the state Assembly, said her spokesman, Ray Sotero.

Another change in law that will



New laws will affect smoking and talking on the road.

limit motorists' activities — a ban on the use of hand-held cell phones while driving — takes effect July 1. For drivers under the age of 18, the prohibition extends even to handsfree use of cell phones.

The new year will bring a pay raise for the 1.4 million California workers who make minimum wage.

Their hourly pay will increase by 50 cents to \$8 on Jan. 1, making them the second highest paid minimum wage workers in the country along with workers in Massachusetts. The Massachusetts minimum wage also will reach \$8 an hour on Jan. 1, according to the U.S. Department of Labor.

Washington state, which automatically adjusts its minimum wage each year to keep pace with inflation, will have the highest at \$8.07 an hour.

The California increase is part



Minimum wages will go up Jan. 1

See LAWS, Page 12

Wet weather approaching

The Daily Journal

Another series of storms is expected to bring rain and snow to Mendocino County this week.

According to the National Weather Service, the first storm is expected to hit the coast on Wednesday, bringing rain and the threat of snow to Northern California though the bulk of the rain is not expected to hit until Wednesday evening.

A second stronger and colder storm is expected to reach Mendocino County by the later part of the week and will bring heavy rain and snowfall as low as 2,000 feet, according to NWS.

A third storm is expected to arrive on Saturday, bringing still more rain to the area and more snow to the higher elevations. Flooding is not expected, though smaller streams and creeks may rise.

Strong winds are expected to accompany all of these storms and last through at least Saturday.

NEWS UPDATE

Police hope fingerprints will ID dead man

By BEN BROWN

The Daily Journal

The Ukiah Police Department is hoping fingerprints taken during an autopsy will help identify the man shot and killed by UPD officers early Saturday morning.

"We're hoping that, with that, we'll have a positive identification from the Department of Justice," said UPD Police Chief Chris Dewey Monday.

The suspect, who has not been positively identified, was shot and killed by two UPD officers at around 12:40 a.m. Saturday. The officers were responding to a reported domestic violence situation.

Dewey said police have had trouble identifying the man because he was not carrying any identification at the time he was shot and his girlfriend only knew him by a nickname.

Dewey said further investigation indicates the man may have gone by several different names.

Dewey said police could have a positive identification for the suspect as early as Wednesday.

"We're just waiting on computers and people

See SHOOTING, Page 12

Deadline set for voting in February primary

The Daily Journal

The last day for citizens to register to vote in the Feb. 5 presidential primary election has been set for Jan. 21, according to Mendocino County Clerk Marsha Wharff.

To be eligible to register, voters must be a citizen of the United States, a resident of California, 18 years of age or older as of the day of the next election and must not be in prison or on parole for the conviction of a felony.

Voters who have moved or changed their name since the last election must re-register.

Persons registering or re-registering to vote must now provide their driver's license or state identification number on their voter registration form.

In lieu of a driver's license or state identification number, voters must provide the last four digits of their Social Security number.

To register or re-register to vote, the necessary forms may be completed at the Registrar of Voters office located in Room #1020 of the County Administration Building, 501 Low Gap Road.

Forms may also be sent by mail by calling either the county office at 463-4371 or the Secretary of State's toll-free number at (800) 345-8683.

Registration forms are also available at the Department of Motor Vehicles, most city halls, libraries and post offices.



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Editor: K.C. Meadows, 468-3526

The Ukiah Daily Journal

udj@pacific.net

The world briefly

Around the world, revelers greet New Year with fireworks, singing, dancing

PARIS (AP) — A million revelers cheered fireworks in Sydney, Australia — one of the first cities to celebrate the New Year. Beijing started the year with fireworks, singing and dancing put on by the organizers of the Summer Olympics.

In France, cafes filled with the last night of cigarette smoke before a smoking ban goes into effect.

Security was tight around the world. Fireworks were canceled in downtown Brussels, Belgium, where police last week detained 14 people suspected of plotting to help an accused al-Qaida militant break out of jail. In Paris, where festivities centered on the famous Champs-Elysees avenue and the Eiffel Tower, about 4,500 police and 140 rescue officials patrolled the streets.

In Thailand, an army spokesman said he believed that five bombs set off by suspected Muslim insurgents in a Thai-Malaysian border tourist town likely targeted New Year's revelers.

The bombs, which wounded 27 people, exploded in the hotel and nightlife area of Sungai Kolok, including two inside a hotel dance club and one hidden in the basket of a motorcycle outside a hotel, spokesman Col. Akara Thiprote said.

On the other side of the globe, several European countries rang in the new year with new habits.

Starting at midnight, the smoke-filled cafe was to become a memory in France. Following up on a ban last year on smoking in many indoor locations, cigarettes will now be off-limits in dance clubs, restaurants, hotels, casinos and cafes.

People can still smoke in their homes, hotel rooms and sealed smoking chambers at establishments that decide to provide them.

Two European Union newcomers, Cyprus and Malta, start using the euro at the stroke of midnight. The Mediterranean islands, both former British colonies, scrap the Cyprus pound and Maltese lira to bring the number of countries using the shared currency to 15. Politicians will ceremonially withdraw euros from automatic teller machines after midnight, with fireworks and outdoor celebrations in the two capitals, Nicosia and Valletta.

Along with the innovations, old European traditions were maintained.

In London, people were gathering in Trafalgar Square and along the banks of the River Thames to watch a fireworks display and hear Big Ben — Parliament's iconic bell — welcome the New Year with 12 resounding bongs.

In a quirky tradition in Spain and other Spanish-speaking countries, Madrid residents planned to dine on 12 grapes — one for each chime at midnight.

Berlin was braced for a massive fete: In a stretch leading from the city's famous Brandenburg Gate along Tiergarten park to the western part of town, officials set up three stages, 13 bands, 40-yard tall Ferris wheel and over 100 beer stands and snack joints.

In Vatican City, Pope Benedict XVI took a somber note, lamenting what he called the "trivialization" of sexuality and lack of faith among young people during a vespers' service in St. Peter's Basilica.

Suicide bomber targeting US-backed Sunni group in Iraq kills 12

BAGHDAD (AP) — A suicide bomber attacked a checkpoint manned by a group fighting against al-Qaida in Iraq, killing 12 people in one of a series of strikes Monday against the largely Sunni movement singled out by Osama bin Laden as a "disgrace and shame."

Leaders of the rapidly expanding U.S.-backed movement, credited with helping slash violence across the country by 60 percent since June, condemned bin Laden's latest message to his followers.

"We consider our fighting against al-Qaida to be a popular revolution against the devil," said Sheik Mohammed Saleh al-Dohan, head of one of the groups in southern Ramadi, a city in Anbar province where the movement was born.

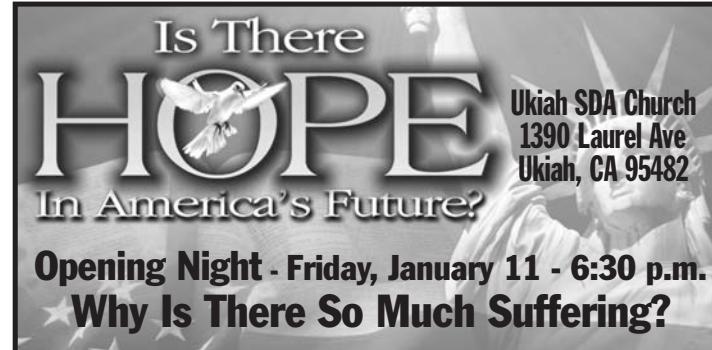
Al-Dohan blamed al-Qaida, which espouses a radical version of Sunni Islam, for bringing destruction to Iraq: "They made enemies between Sunnis, Shiites and Christians who lived in peace for centuries."

Bin Laden and his fighters "are the traitors who betrayed the Muslim nation and brought shame to Islam in all the world," he said.

In an audiotape that emerged on Saturday, bin Laden warned Iraq's Sunni Arabs against joining the groups, known as "awakening councils," or participating in any unity government. He said Sunni Arabs who join the groups "have betrayed the nation and brought disgrace and shame to their people. They will suffer in life and in the afterlife."

In the northern city of Tikrit, Saddam Hussein's hometown, the local Salahuddin Awakening Council said the movement was founded in response to "the crimes of followers of Osama bin Laden in Iraq."

The "Awakening Council's fighters are protecting people



FUNERAL NOTICES

EDITH LOUISE CUMMINS MCGREW DISHMAN

Edith Dishman, born April 26, 1929 in Oakland, CA, died as she lived with quiet dignity at her home in Ukiah, on December 23, 2007. She held many fond memories of being raised among the hills of Covelo at Mina. She graduated from Ukiah High School in 1947; after which she went on to raise her family and put in 29 years at

Mendocino and Napa State Hospitals where she worked as a Psychiatric Nurse/Technician before retiring. Her interests and hobbies included a deep love, understanding, and respect for nature, an avid interest in local and family history as seen in the compilation of family letters and writings, and a vast collection of photographs, mostly candid, that chronicle her traveling and family gatherings. She also enjoyed hand crafts such as quilting, knitting, and crocheting.

Edith is survived by her husband LeRoy (Bud) Dishman; daughters Nancy Loucks and husband David, and Virginia Lamb and husband Edward; stepchildren John Gentry and wife Diana; Joe Dishman and wife Gail, Patricia Williams and husband Donald; sisters Dorothy Wassom, Betty Green, and brother Ken Cummins and wife Mary.

Numerous grandchildren, great grandchildren, nieces, nephews, cousins, and friends fondly remember and celebrate her life. Husband EJ McGrew, daughter Joanne McGrew, brother Warren Cummins, and sister Carolyn Burgess predeceased her. A memorial gathering will be held at the annual Cummins family reunion at the Lions Club Park in Redwood Valley on June 8, 2008.

from criminals," the statement said, and demanded an apology "for those who have been harmed by the brutal acts of al-Qaida members."

The groups took root in Anbar, once a hotbed of al-Qaida in Iraq activity, but become a mass movement that includes more than 70,000 fighters who are paid a monthly salary of \$300 by the U.S. to protect their neighborhoods.

In the most serious attack against one of the groups Monday, a suicide bomber drove a minibus rigged with explosives into a checkpoint in Tarmiyah, 30 miles north of Baghdad, police and a member of the local awakening council said.

The explosion killed 12 people, said Adil al-Mishhadani, a member of the council. The council commander, who gave his name only as Abu Arkan for security reasons, said later that the dead included three children on their way to school and nine council members.

Three people were missing, Abu Arkan said.

135 dead in Kenya in 3 days of violence over president's disputed re-election

NAIROBI, Kenya (AP) — Kenya's president threatened a tough crackdown Monday as rioters rampaged for a third day to protest what they called his sham re-election — a bloody convulsion threatening what has been East Africa's most stable and prosperous democracy.

At least 135 Kenyans were reported killed in violence that flared from the shantytowns of Nairobi to resort towns on the sweltering coast. Opposition leaders set the stage for more turmoil by calling for a million people to rally against President Mwai Kibaki.

In the slums of Nairobi, rioters waved machetes and shouted "Kibaki must go!", while police beat protesters with clubs, fired off tear gas and shot live bullets in the air. Much of the country was at a standstill, with shops closed and many people hunkered inside their homes.

"We are ready to die and we're ready for serious killings," 24-year-old James Onyango, who lives in Nairobi's Kibera slum, told The Associated Press as homes and shops around him burned.

While there are no strong policy differences between the two camps, the bloodshed exposed tribal resentments that have long festered in Kenya, where Kibaki's Kikuyu people — the largest group — are accused of turning their dominance of politics and business to the detriment of others. Political loyalties are often tribal-linked, and ethnic gangs were reported attacking rival groups.

The opposition candidate, Raila Odinga, a member of the Luo tribe, called for 1 million people to march Thursday on the capital's Uhuru Park, where protesters seeking multiparty democracy massed in the early 1990s.

"We are calling for mass action," said Odinga, who led Kibaki in opinion polls before Thursday's ballot as well as in early election returns until his lead suddenly evaporated as official figures came out over the weekend. "We will march wearing black arm bands because we are mourning."

Kibaki, in a New Year's message to Kenyans, called "for healing and reconciliation," but he warned that his government would "deal decisively with those who breach the peace by intensifying security across the country."

Three police officers independently told AP journalists that they had been ordered to shoot to kill to stop rioters. A government spokesman denied such an order was given.

Election delay likely in Pakistan creating new standoff after Bhutto death

ISLAMABAD, Pakistan (AP) — Parliamentary elections in Pakistan are set to be postponed by several weeks despite opposition demands they go ahead as planned on Jan. 8, officials said Monday, setting up a new political standoff after Benazir Bhutto's assassination.

Former Prime Minister Nawaz Sharif, now the country's most prominent opposition leader, threatened street protests if the vote is delayed. "We will agitate," he told The Associated

FUNERAL NOTICES

enjoyed hand crafts such as quilting, knitting, and crocheting.

Edith is survived by her husband LeRoy (Bud) Dishman; daughters Nancy Loucks and husband David, and Virginia Lamb and husband Edward; stepchildren John Gentry and wife Diana; Joe Dishman and wife Gail, Patricia Williams and husband Donald; sisters Dorothy Wassom, Betty Green, and brother Ken Cummins and wife Mary.

POLICE REPORTS

The following were compiled from reports prepared by the Ukiah Police Department. To anonymously report crime information, call 463-6205.

ARREST - Marcelo Hernandez Garcia, 21, of Ukiah was arrested on suspicion of driving under the influence on Friday at 12:04 a.m. on South State Street near Lewis Lane. He was taken to county jail.

ARREST - James Persky, no age given, of Ukiah, was arrested on suspicion of driving under the influence Friday at 3:17 p.m. in the 500 block of South State Street.

ARREST - David Bollinger, 36, of Ukiah, was arrested on suspicion of driving under the influence at 12:54 a.m. Saturday in the 200 block of Waugh Lane.

Press. "We will not accept this postponement."

Western governments are urging the government to go ahead with the polls without major delays. They see the elections as a key step in U.S.-backed plans to restore democracy to the nation as it battles Taliban and al-Qaida militants.

White House spokesman Scott Stanzel said the government should set a specific date for new elections, but he said the timing was "up to the people of Pakistan."

Bhutto's party, now effectively controlled by her husband, and Sharif's opposition movement both feel they could be helped at the polls by widespread sympathy at Bhutto's killing last week at a campaign rally and accusations that allies of President Pervez Musharraf had a role in the murder.

But political instability and the technical challenges of holding the vote after nationwide riots following the killing led to widespread expectations that the balloting will be delayed.

The Election Commission, which critics say is stacked with officials loyal to Musharraf, said it had recommended to the government an unspecified delay, but would announce its final decision on Tuesday.

A senior government official predicted the elections would be postponed by "six weeks or so as the environment to hold free and fair elections is not conducive." The official spoke on condition of anonymity because he was not authorized to disclose the information.

Foreign election monitors cautioned that a full observation mission would be "impossible" if the polls went ahead next week because the unrest had disturbed their preparations.



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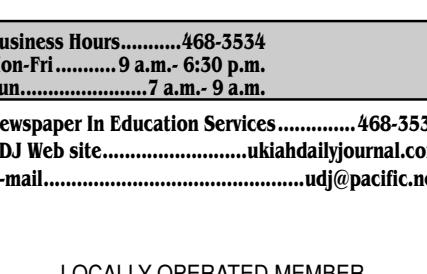
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HEALTH

The Ukiah Daily Journal

udj@pacific.net

**Striving for Imperfection**
By Scott Marcus**Why wait?**

When I was a pup, a coveted "grown up treat" was staying up with my father to watch "Gunsmoke," (the longest running weekly TV show in history; 655 episodes from 1955-1975 for trivia buffs).

The character of Festus Haggen, performed by Ken Curtis, was an unusual fellow, whose entire family may have possessed "fewer than 32 teeth among them," as described by one reviewer. He was illiterate, habitually incoherent, and fiercely loyal to Marshall Dillon, whom he considered one of his two best friends (the other was his mule). During one particularly grueling episode Festus exclaimed, "I wish it was Sunday so I could take a bath!"

Confused, I questioned my father, "Why can't he take a bath today?"

"He only bathes on Sundays."

"What if he gets dirty on Monday or Thursday?"

Replied my impatient father, "Do you want to watch the show or go to bed?" (Which was his not-so-subtle way of saying, "Be quiet.")

As the world turns (no TV reference implied but I admit I'm pleased with utilizing the phrase), we arrive at yet another January, providing many an opportunity to put into action long delayed changes; saying, in effect, "I'm glad it's the New Year so I can finally lose weight."

I admire anyone beginning the punishing pathway to personal reconstruction; however, why the preoccupation with repeating a pattern every January first, only to give up like a nervous TV executive canceling a sitcom two weeks into its schedule? Yes, January makes sense; a new year is an excellent time to reaffirm direction for life's coming chapter. Yet, it is merely another earthly revolution around its axis. Choose any of 365.

For example, Korean New Year, Hangul, is the first day of their lunar calendar, and the most important of the traditional Korean holidays, lasting three days. It usually occurs in February, providing a refreshed opportunity for resolve just as motivation and the hectic pace of the American holidays begin to wane. Why not start early February?

Or, what about Gudi Padwa, one of the most auspicious days of the Hindu year, believed to be the day that Lord Brahma created the world? In that culture, it is viewed as a time to wipe the slate clean and make a new start, arriving this year in April. Whether that allows us to delay our personal promises three months beyond January or have yet another opportunity to set them in motion is a function of one's determination.

Should April slip past, Rosh Hashanah the beginning of Jewish New Year, is usually celebrated in September, as do the Chinese. By setting one's vows in the fall, he or she could have a jump start on next year's January rush. It might also be argued that since those two cultures have a combined 10,475 years on their calendars, compared to our 2008, maybe autumn, rather than winter, is more apropos for change?

Selecting specific dates does not ensure the motivation for change will arrive per schedule. To rightly conquer one's demons, experience the enthusiasm of new beginnings, and put to bed the regret of lost days, there is no time like this moment, right now. Should it pass, another opportunity immediately follows; no need to wait.

About the author: Scott "Q" Marcus is a THINspirational speaker and author. Since losing 70 pounds over 13 years ago, he conducts speeches, workshops, and presentations throughout the country. His new on-line support system is at www.ThisTimeIMeanIt.com

To submit information for the health briefs, call 468-3520 or email udj@pacific.net

MCHC welcomes Sandi Brown to board**The Daily Journal**

Mendocino Community Health Clinic, Inc. is pleased to announce that Sandi Brown, deputy director of the Employment and Family Assistance Services Division of the Social Services Branch of Mendocino County's Health and Human Services Agency, has been elected to its Board of Directors.

Brown's 27-year career working with eligibility and employment services in Mendocino County provides a strong background in understanding the healthcare challenges faced by the uninsured.

About her desire to serve the Board, she commented, "Many of Mendocino County's low- and middle-income citizens cannot afford private health insurance coverage and turn to health centers like MCHC to meet their family's health needs."

This access to care is crucial for our communities because, when an individual can

obtain care before their health condition becomes a crisis, costly impacts on critical health services are reduced. If our citizens are getting the care they need in a timely manner, our communities are more likely to thrive."

Because of her interest in access to health care, Ms. Brown also serves on the Executive Committee and the Planning and Policy Committee of the Board of Healthy Kids Mendocino, a collaborative effort working to ensure that all children ages 0 through 18 in Mendocino County have access to health insurance coverage.

MCHC is a regional nonprofit healthcare corporation serving inland Mendocino and northern Lake Counties. Patients and community members are welcome to apply to serve on its Board of Directors. Those interested in serving on the MCHC Board may contact Kathy MacDougall at 472-4511.

**Sandi Brown****HEALTH BRIEFS****UVMC to hold smoking cessation class on Jan. 12**

Ukiah Valley Medical Center will hold a smoking cessation class on Jan. 12, from 9 a.m. to noon, in their conference room. This class is designed for smokers who have quit before for at least a week and want help in refining their personal quit smoking plans. Quitting is not about having will power over addiction. Smokers will learn to have a quit plan in place before they quit so they can resist the urge to smoke.

Smokers attending this class should already have a strong commitment to quit, know why they want to quit and be highly motivated to work their plan on their own. The program will explain how to use the American Lung Association's Freedom from Smoking student workbook and other resources to help participants quit for good.

Students must pre-register for this program by paying a \$25 fee. For more information, call Ukiah Valley Medical Center at 463-7524.

UVMC sponsored support group set for fourth Thursdays

Ukiah Valley Medical Center is now sponsoring a new health support group for those interested in weight loss surgery. The group is open to patients, potential patients, and their friends and family. Meetings are held on the fourth Thursdays of every month, unless it's a holiday -- then it's held on the third Thursday. The group will meet in the UVMC Outpatient Pavilion Lobby from 6 to 7 p.m.

For more information, call Debbie Parker, RN, at Dr. Ziad Hanna's office at 463-8126, or e-mail parkerd@ah.org.

Medicare drug plan: No late enrollment penalty for those who qualify for Extra Help

Many Mendocino County residents who qualify for Extra Help Program (a low-income subsidy plan) with the Medicare Part D prescription benefit have yet to sign up. Extra Help is available for those who meet certain income and asset criteria. If you are eligible, Extra Help can mean significant cost savings on your prescription drugs.

Those who qualify for Extra Help, enroll in a Medicare prescription drug plan through Dec. 31 will pay no late enrollment penalty.

To find out if what the qualifications are for Extra Help, call the Social Security Administration

at (800) 772-1213, or visit their Web site at www.medicare.gov.

The Alliance for Rural Community Health urges the public to contact your local community health center about your Part D coverage options. To find the health center nearest you, visit the ARCH Web site at www.ruralcommunityhealth.org/members.

ARCH is a local nonprofit organization whose mission is to improve the health of local communities by strengthening and supporting the efforts of Mendocino County health centers to provide quality health care for all.

Warm Line open weekend evenings for county residents

An opportunity for people who need emotional support is now available as near as the closest phone on weekend evenings. Thanks to peer volunteers trained to provide support for emotional and mental health recovery, a new county-wide Warm Line is now available Friday and Saturday evenings from 6 p.m. to 10 p.m.

Expressly not a hot line or a crisis line, the new Warm Line is part of a larger Mental Health Services Act funded project to develop mental health peer support projects and opportunities in Mendocino County.

The Crisis Line is accessed by calling 463-HELP in Ukiah, 964-HELP in Fort Bragg and 459-HELP in Willits, or calling 800-575-HELP (4357).

Better Breathers Club to meet in Ukiah on Wednesdays

The American Lung Association invites persons who have been diagnosed with emphysema, chronic bronchitis, have breathing difficulties, are looking for more information on chronic lung disease, or are looking for support on how to live better with lung disease to join their Better Breathers Club program, on Wednesdays, in conference room 161 at the Public Health Department, 1120 S. Dora St., 1:30 to 2:30 p.m.

For more information, or to speak to a respiratory therapist, call 1-800-LUNG-USA, or visit the Web site <http://www.lungusa.org>.

Cancer Resource Centers offer free services

People living with cancer, their friends and their families are invited to call or visit the Mendocino office of the Cancer Resource Centers of Mendocino County for free supportive services including a library of cancer-related books, tapes and magazines available for check-out, a support group for people diagnosed with cancer, cancer-care telephone workshops, accompaniment to medical appointments, and support from our

Presbyterian Church, corner of S. Dora and W. Perkins; Margaret Turano, 468-9587.

Look Good Feel Better: Classes are from 10 a.m. to noon on the second Monday of each month. This program pairs women with licensed cosmetologists to eliminate the appearance related side effects of cancer treatment. This is a free class offered by the American Cancer Society at 115 E. Smith St. in Ukiah. For more information, call 462-7642 ext. 3.

Low Vision Support Group: 10 to 11:30 a.m.; Fourth Monday; at Henny Penny Resteraunt, 687 S. Orchard Ave., Ukiah; open to local seniors; call 523-3222

NAMI: (National Alliance for the Mentally Ill Family Support Group) first and third Wednesdays, 6:30 p.m.; call 972-9040, 485-8033, or 467-9116 for location and information. Nami is an organization dedicated to improving the lives of people with brain disorders by providing mutual support, education and advocacy.

Multiple Sclerosis Self-help Group: People with multiple sclerosis can take one more step toward ending effects of MS at the Ukiah group; sponsored by the National MS Society; 7 p.m.; second Tuesday.

Men's Cancer Support Group: Group on summer hiatus, call for one-on-one with staff. A supportive place to share your cancer experience; second and fourth Wednesdays of each month; 6 to 7:30 p.m.; at their new offices at 590 S. Dora St.; Mendocino Cancer Resource Center; 467-3828.

Narcotics Anonymous: Meetings throughout county; 485-9110.

New Life Workshop: Do you need help managing your weight? Noon to 1 p.m. Thursdays; Salvation Army, 714 A S. State St., Ukiah; 468-9577.

Overeaters Anonymous: Mondays at 5:30 p.m.; Saturdays at 11 a.m.; 741 S. Oak St.; 472-4747.

Sweet Success: The California Diabetes and Pregnancy Program; support for special pregnancies in which women have diabetes; planning pregnancy or are pregnant, need extra support; 463-7527.

Tantalizing Tuesdays: Series of health related evening discussions; First and third Tuesdays; Full Circle Wellness Resource Center, 530 S. Main St. in

patient navigators. They have offices located on the coast and in Ukiah. The coast office is open Monday through Thursday 9 a.m. to 4 p.m. and Friday by appointment at 45040 Calpella St. in the village of Mendocino, or call 937-37833. The Ukiah office is open Monday through Friday 9 a.m. to 5 p.m. at 590 S. Dora St. in Ukiah, and can be reached by phone at 467-3828. CRCMC is a nonprofit organization funded through local donations, events and grants.

NCO is offering CPR/First Aid classes

North Coast Opportunities Volunteer Programs offer courses in adult and child CPR/AED, plus Infant and First Aid classes. These courses teach the basic techniques of adult and/or child/infant CPR and how to use an AED; classes include video lecture and hands on skill practice. Classes are held in Ukiah, on site training is available.

They have just added Pet First Aid for dogs and cats to their courses. This course provides the information that is needed to keep pets safe and act with confidence during an emergency.

For more information, call Tami at 462-2596, ext. 110..

Widows' Support Group to meet first, third Tuesdays

Women who have been widowed are invited to attend the Widow's Support Group which meets on the first and third Tuesdays from 11:30 a.m. to 1 p.m. at the Methodist Church Library, 209 North Pine Street, Ukiah.

The purpose of the support group is to provide widows with the opportunity to share their grief and fears with other women who have experienced loss. The group's goal is to help members learn skills for living without a partner and to move forward in their lives. For more information about this group, contact Susan Bridge-Mount, MFT of Older Adult System of Care at 463-7885.

A Healing Cooperative offers support/counseling

A Healing Cooperative, a local non-profit, is offering the following mental health-focused services: a support center, open Monday to Friday, 11 a.m. to 3 p.m.; art classes, Mondays, Thursdays, and Fridays, 1 to 3 p.m.; Writing for Self Discovery, Tuesdays, at 11 a.m.; Men's and Women's support groups, Tuesdays at noon; Movin' On, a dual diagnosis support group, Wednesdays at 2 p.m.

These activities take place at 270 N. Pine St., at the Ukiah United Methodist Church. For more information, contact them at 462-3360, or visit their web site www.ukiahumc.org/ahc.

Ukiah; from 6:30 to 8:30 p.m.; 463-0777; www.fullcirclewellness.org.

T.O.P.S.: (Take off pounds sensibly): Meets from 9:15 to 10:30 a.m., every Tuesday, at Calvary Baptist Church, 465 Luce Ave; Carolyn Madole, 463-0261.

T.O.P.S.: Low-cost, non-profit group meets every Tuesday at Autumn Leaves, 425 E. Hobbi St., in the community room. Weigh-in is from 5:30 to 6:15 p.m. Meeting is from 6:15 p.m. to 7:15 p.m.; Linda MacDonald, 467-2391.

T.O.P.S.: Every Thursday at Washington Mutual Building community room, 700 S. State St.; meeting is from 8:30 to 10:30 a.m.; it is a low-cost, weight-reduction support group; call 462-4901 or 485-7801.

T.O.P.S.: Every Friday at the Meadows Mobile Court clubhouse, 8686 East Road, Redwood Valley; weigh-in is from 9:30 to 11 a.m.; meeting is from 9:30 to 10:30 a.m.; call 485-8260 or 485-1238.

Ukiah Community Center Crisis Line: Need help? Call 463-help (4357) or 1 (800) 575-help (4357). Ukiah Diabetes Education: The Diabetes Education Group; 7 p.m.; second Monday; 463-7698.

Ukiah Valley Blood Center/Blood Centers of the Pacific: Mondays, 9 a.m. to 4:30 p.m.; Tuesdays, 10 a.m. to 5 p.m.; Thursdays, 11 a.m. to 6 p.m.; 620 Kings Ct., Suite 110; make appointment, donate, schedule blood drive at workplace; 1 (888) 393-GIVE.

Weight-loss Surgery Support Group: Free, open to the public, Gastric Reduction Duodenal Switch (GRDS) support and information group; 1st Friday; 6 to 8 p.m.; Bartlett Hall, Ukiah Senior Center, 499 Leslie Street, Ukiah; 468-8763 or email kathlyn@pacific.net.

Weight Watchers: Redwood Valley Weight Watchers meet at the Redwood Valley Cafe and are hosted by Redwood Valley Fitness on 9620 N. State St. Their leader is Laurel of Ukiah Weight Watchers. For more information, call 485-5696.

Women's Cancer Support Group: A supportive place to share your cancer experience; first and third Tuesday of each month; noon to 1 p.m.; at their new offices at 590 S. Dora St.; Mendocino Cancer Resource Center; 467-3828.

HEALTH CALENDAR

ALANON: Family and friends of alcoholics; 5:30 p.m. on Mondays, noon on Tuesdays, noon on Fridays and 10:30 on Saturdays; Calvary Baptist Church, 465 Luce Ave.; 463-1867 or 621-2721.

Alateen: Meets Thursdays 8 to 9 p.m.; Calvary Baptist Church, 465 Luce Ave., enter at east side back door; 463-1867 or 621-2721.

Alcoholics Anonymous: Daily; call 462-7123, www.aaukiah.org.

Breastfeeding Support Group: meets second Wednesday from 10:30 a.m. to noon and fourth Wednesday from 10:30 a.m. to noon; Mendocino County Public Health - WIC office, 1120 S. Dora; Tess O'Connell, 472-2739.

Celebrate Recovery: Christ-centered 12-step recovery; Fridays at Trinity Baptist Church Hall, South Dora Street and Luce Ave., 6 p.m. fellowship dinner; 7 p.m. teaching/testimony; 8 p.m. men and women's small group sharing; 9 p.m. dessert/solid rock cafe. Babysitting provided. For more information call 462-6535.

Letters from our readers

The emperor's new clothes

To the Editor:

In the story about the Emperor's New Clothes, everyone knows that the Emperor is strutting around as naked as a jaybird, but not one of them is willing to point out the very obvious fact. It takes the little boy on the corner to point his finger and unabashedly yell out "Look, he ain't got no clothes on!"

For the past few years, I have read letters of concern to the editor denouncing the growing and use of marijuana. The citizens of Mendocino County are fed up with this certain commodity and its usage. They want their county back. And they deserve to have their county back! This is not only a problem here in Mendocino County. It is a national problem and one that should be managed at a national level. We should be petitioning our national government to end this problem because we want our country back. We have all seen that there are those who will kill to keep this profit making venture going. Left unchecked, this problem will surely escalate and with it the violence, so that no one is safe. There is a legitimate fear rowing in Mendocino County and I am sure that is present on a national level. Something needs to be done!

I read in the U.D.J. about the new cannabis dispensary that has opened for business. As I read the article, I saw some good points, and thought at last someone was taking proper measures to protect the interest of the legitimate patient that requires marijuana. There were, however, two areas of interest that disturbed me. The first area that concerned me was the stress placed on the words "not for profit." I do not believe that anyone goes into business not to make a profit. Altruism is commendable, but it doesn't pay the bills and when marijuana is involved, it is held suspect. The second area that disturbed me and is not compatible with "not for profit" was the sentence "When people grow for themselves and they have left over medicine they can take it here and we reimburse them." Now if this is not an invitation for every illegal grower to crawl out of the woodwork and sell their "left over medicine," then I have lost my mind somewhere along the way. So I would appeal to this dispensary to have this provision removed from their business practice. Don't encourage the grower that has profit on his mind.

Now back to continue the story about the Emperor's New Clothes. Everyone knows that the ever-increasing widespread growth of marijuana is not for medicinal use, but it is done for profit. Out of all the letters that I have read to the editor, not one has done the math and pointed out the naked truth of the situation. Everyone has beat all around the bush and refused to do the math showing that the growth and use of so called "medical marijuana" is the best profit making venture in the county. So, I'll be like the little boy and point out this very obvious naked truth. I will take as my facts those which have appeared in the U.D.J.

From the articles I have learned that a medical marijuana patient can grow 25 mature plants and have two pounds of processed product. Some of the articles mention six plants. I don't use it, so I am not interested in the accuracy, but only to point out certain facts. I further learn that one pound of the product is worth two thousand dollars (\$2,000), or perhaps even more if the right quality. Wow! So we will do the math that everyone knows but doesn't want to tell the emperor.

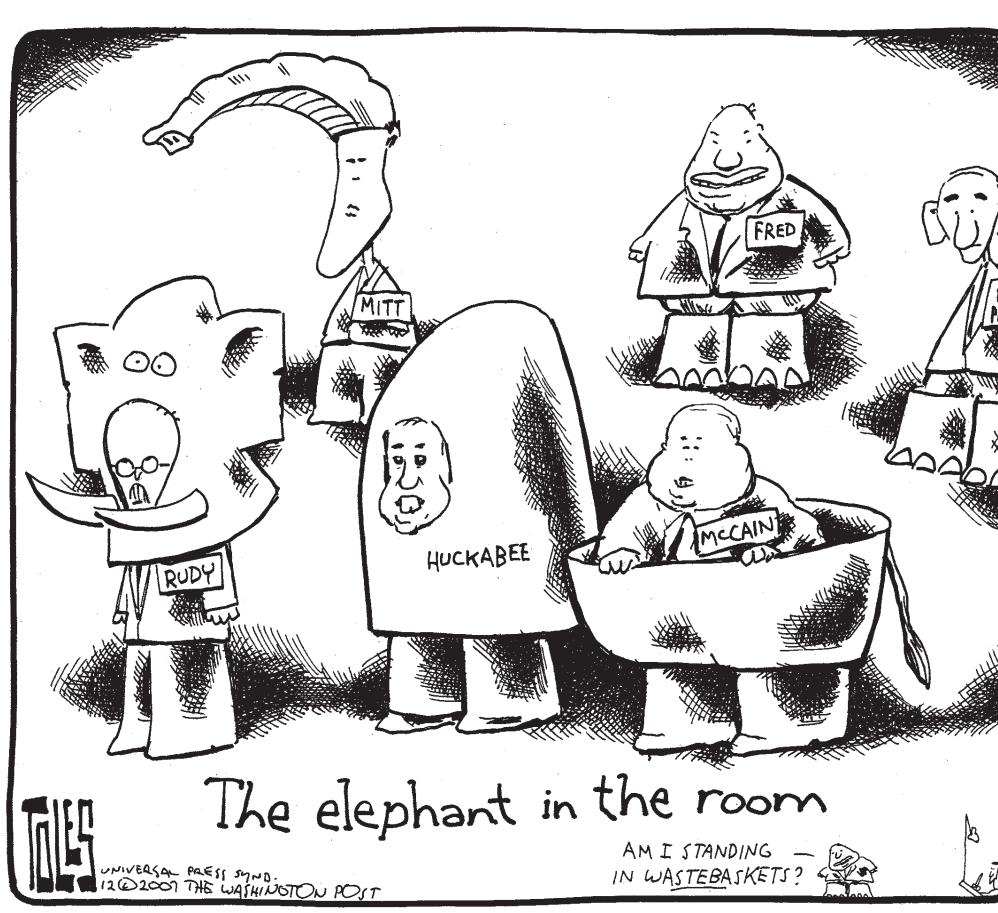
25 plants x 2 pounds per plant equals 50 pounds. Yum, yum!

50 pounds of product x \$2,000 per pound equals \$100,000. Wow! Can you just imagine that? Now I must admit that is only for the ideal case because some of the plants may die or not fare so well and produce the ideal 50 pounds. In the case the grower would not realize \$100,000 profit.

But now for some further reasoning. If a patient can get a crop of 50 pounds of the "stuff," are we being led to believe that a patient is smoking or using 50 pounds per year? That equals more or less one pound per week. Is that patient really using up \$1,000 per week on a medicinal product? I

LETTER POLICY

The Daily Journal welcomes letters to the editor. All letters must include a clear name, signature, return address and phone number. Letters chosen for publication are generally published in the order they are received, but shorter, concise letters are given preference. We publish most of the letters we receive, but we cannot guarantee publication. Names will not be withheld for any reason. If we are aware that you are connected to a local organization or are an elected official writing about the organization or body on which you serve, that will be included in your signature. If you want to make it clear you are not speaking for that organization, you should do so in your letter. All letters are subject to editing without notice. Editing is generally limited to removing statements that are potentially libelous or are not suitable for a family newspaper. Form letters that are clearly part of a write-in campaign will not be published. You may drop letters off at our office at 590 S. School St., or fax letters to 468-3544, mail to Letters to the Editor, P.O. Box 749, Ukiah, 95482 or e-mail them to udj@pacific.net. E-mail letters should also include hometown and a phone number.



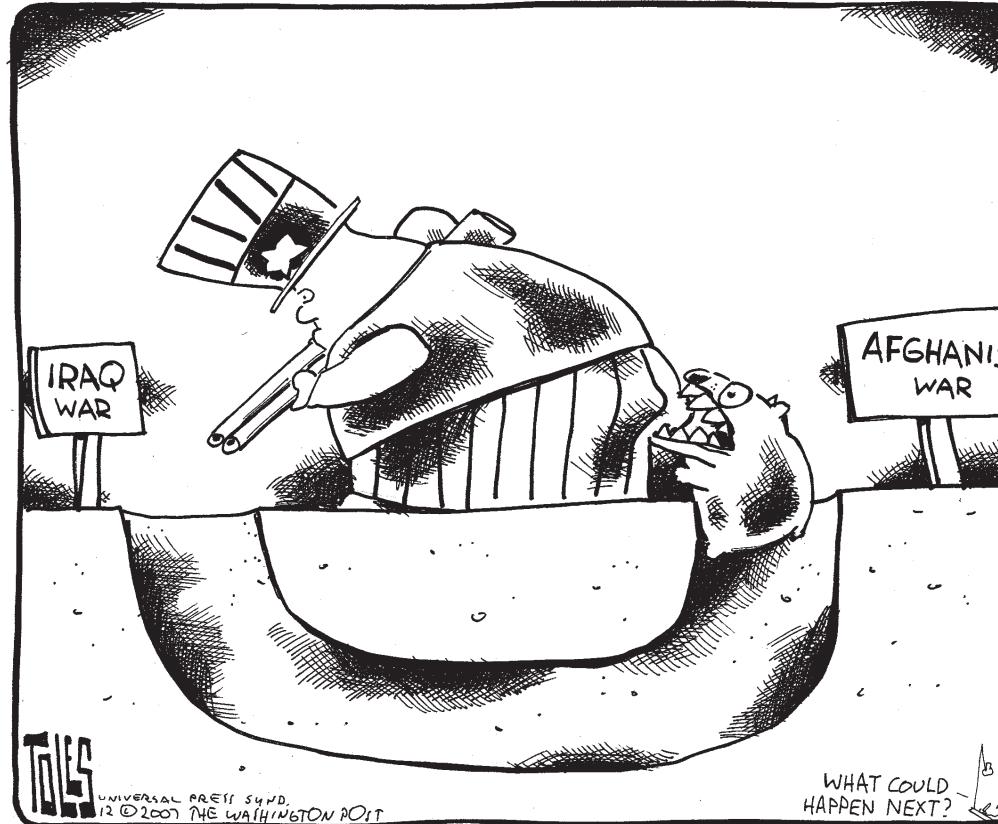
would almost guarantee that if that person does not have a medical problem that requires marijuana, he will soon develop one real quick. I cannot believe that a legitimate medical patient smokes or uses one pound per week or a medical indication that would justify its excessive usage.

Two years ago, a local physician, James Pretorius, went on record in a letter to the editor publishing his views. He felt that perhaps the use of marijuana was not that helpful and he did not prescribe it very much. I really commend him for being the first to publicly publish his views. I will be the second physician to join and enter that role model that Dr. Pretorius has established. First, I will say that I do believe that there are legitimate medical patients that suffer and need marijuana to ease their suffering. I do not believe that there are the actual number of legitimate patients to justify the problems we are encountering with marijuana. There must be a better way to establish just who those are that really need it. I believe there are certain medical doctors that are aiding and abetting marijuana usage and the medical profession should devise a way to better police the practice. I am currently retired but during medical practice for 38 years, I wrote only one prescription for marijuana. The patient was a lovely lady, 83 years of age and had been

in my medical care for 20 years. She said, "Doctor, I have glaucoma and I heard that marijuana would help. Would you write me a prescription?" I knew her well so I wrote her a prescription. The next time I saw her, she said: "Doctor, I don't like that stuff." So, what is it about that "stuff" that those who want it like so much?

Through the years I have had many patients ask me for marijuana prescriptions. Usually they were very young and it was on their first visit to my office. I have heard that there are local doctors that compromise their integrity and require patients pay them \$200 for a prescription of marijuana so they can obtain a marijuana card. I hope that this is only a rumor. If so, it is time for the medical profession to clean up its act and police its professionals. If this letter generates letters from local doctors denouncing what I have said, I will hold their comments suspect and they will only expose themselves to public scrutiny. And to those worthy, legitimate medical patients that do require marijuana, I have this to say: God bless you. Hold up your heads proudly and keep trying. I know that you are suffering and I wish we had a better medical solution to heal and ease the suffering you must endure.

James Cruise MD
Redwood Valley



WHERE TO WRITE

President George Bush: The White House, 1600 Pennsylvania Ave., Washington, D.C. 20500; (202) 456-1111, FAX (202)456-2461.

Governor Arnold Schwarzenegger: State Capitol, Sacramento, 95814. (916) 445-2841; FAX (916)445-4633

Sen. Barbara Boxer: 112 Hart Senate Office Bldg., Washington, D.C. 20510; (202)224-3535; San Francisco, (415) 403-0100 FAX (415) 956-6701

Sen. Dianne Feinstein: 331 Hart Senate Office Bldg., Washington, D.C. 20510. (202)224-3841 FAX (202) 228-3954; San Francisco (415) 393-0707; senator@feinstein.senate.gov

Congressman Mike Thompson: 1st District, 231 Cannon Office Bldg., Washington, D.C. 20515. (202) 225-3311; FAX (202)225-4335. Fort Bragg district office, 430 N. Franklin St., PO Box 2208, Fort Bragg 95437; 962-0933,FAX 962-0934;

www.house.gov/write rep

Assemblywoman Patty Berg: State Assembly District 1, Capitol, Rm. 4146, Sacramento, 95814. (916) 319-2001; Berg's Ukiah field representative is Ruth Valenzuela. Ukiah office located at 311 N. State St, Ukiah, 95482, 463-5770. The office's fax number is 463-5773. For email go to web site: assembly.ca.gov/Berg

Senator Pat Wiggins: State Senate District 2, Capitol Building, Room 5100, Sacramento, 95814. (916) 445-3375 Email: senator.wiggins@sen.ca.gov. In Ukiah: Kathy Kelley at 200 S. School St, 468-8914, email: kathy.kelley@sen.ca.gov

Mendocino County Supervisors:

Michael Delbar, 1st District; Jim Wattenburger, 2nd District; John Pinches, 3rd District; Kendall Smith, 4th District; David Colfax, 5th District. All can be reached by writing to 501 Low Gap Road, Room 1090, Ukiah, 95482, 463-4221, FAX 463-4245. bos@co.mendocino.ca.us

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From the desk of ...



RUBEN NAVARRETT JR.

GOP off the immigration mark

Tired of playing cop, some in the Minuteman movement are trying to influence the 2008 presidential election by playing powerbroker. And like just about everything this bunch does, the results are sad -- but funny.

Take the fact that one of their top choices for president has already exited the race. Of course, Rep. Tom Tancredo, R-Colo., never stood a chance of accomplishing anything other than embarrassing himself. And he did that pretty definitively when he urged the disbanding of the Congressional Black Caucus, suggested that the definition of what it means to be an American is tied to speaking English, and likened Miami to a Third World country.

Yet Tancredo was seen as a fine prospect by the San Diego Minutemen who -- in an evaluation of presidential candidates on their Web site -- listed him as "acceptable." Also in that category are Lou Dobbs and Pat Buchanan, neither of whom has entered the race. In this political version of Alice in Wonderland, Duncan Hunter and Ron Paul round out Minuteman's top tier.

In the "unacceptable" column, you'll find Mike Huckabee, who, oddly enough, was recently endorsed by Jim Gilchrist, one of the co-founders of the Minuteman Project.

Huckabee is hoping that the endorsement convinces the nativist wing of the Republican Party to forgive and forget that the former Arkansas governor once backed in-state college tuition for illegal immigrant students.

Here's the sad part. This is wasted energy. Huckabee should have no regrets. He did the right thing in Arkansas. If an illegal immigrant child moves to Little Rock at the age of 2, and lives there with her family until she is old enough to apply to college, we can assume that -- by that point -- her parents would have paid a bundle in sales, property and income taxes. Why shouldn't college student get the same in-state tuition break that goes to other similarly situated students who happen to be U.S. citizens? Oh yes, because she and her family are illegal immigrants -- something that didn't seem important to the tax collector for most of her life.

But even if Huckabee does need help polishing his tough-guy persona on illegal immigration -- and neither Chuck Norris nor pheasant hunting is doing the trick -- cozying up to the likes of Gilchrist buys trouble. Here you have someone who has been under fire from his own troops and accused of misusing hundreds of thousands of dollars in contributions from supporters.

Gilchrist denies those charges, insists that all the funds in question went toward legitimate expenses of the organization, and accuses his accusers -- which include four former board members of the Minuteman Project -- of attempting a "hijacking" of the group. A former CPA, Gilchrist has admitted to some "temporary mismanagement" of funds that included bounced checks. But he told the Associated Press that -- having done more than 1,000 media interviews -- he doesn't "have time to cross every 't' and dot every 'i.'"

Here's the funny part: Suddenly, other anti-illegal immigration activists are hounding him with the same zeal with which he once hounded illegal immigrants at the border. After Gilchrist appeared with Huckabee at a news conference in Iowa, the vigilante leader was bludgeoned on the Internet by hard-core nativists who believe Huckabee is soft on illegal immigration and that Gilchrist is just out for Gilchrist.

You don't say. The former marine/journalist/accountant appears to have floated from one career to another before taking on the illegal immigration issue as his meal ticket. Since then, he has launched an unsuccessful run for Congress, co-authored a book and hit the lecture circuit. Along the way, Gilchrist convinced himself that people actually care about his opinion on illegal immigration -- and now what, presidential politics?

Most people don't, and that includes some of Gilchrist's former disciples in the border watcher movement. Many of them are now actively trying to discredit him, either to settle old scores or to prop up their own pitiful choices for president. The dissenters can't just disagree with Gilchrist. They think they've got to destroy him.

That's not surprising. That's how zealots are. They eat their own kind. When there is so much anger and frustration and bitterness, all of it gets directed everywhere -- at the media, the Bush administration, the Mexican government, and now at each other.

Besides, 'tis the season. A presidential election always turns into a bit of a circus. And what's a circus without the clowns?

Ruben Navarrete Jr. is a columnist and editorial board member of The San Diego Union-Tribune.

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Quitting smoking during the New Year

As the new year inspires us to make changes in our lives, I'd like to share some interesting facts about smoking, and hopefully help some of you be successful in your resolution to quit.

Smoking is the number one preventable cause of death and disease in the United States. It is directly responsible for 87 percent of lung cancer cases and causes most cases of emphysema and chronic bronchitis. In addition, smoking-related diseases claim an estimated 430,700 American lives each year, according to the American Lung Association.

Of course, many folks know that smoking isn't healthy, but did you know that Mendocino County has a 3.6 percent higher smoking rate than the state average? This makes it incumbent upon local health agencies to provide smoking cessation assistance.

Quitting smoking at any age represents the most important step smokers can take to increase the length and quality of their lives and people they smoke around, since smoking affects overall health and quitting helps prevent heart disease, lung cancer and chronic obstructive pulmonary disease.

According to the U.S. Surgeon General, 70 percent of remaining smokers want to quit smoking and 46 percent of smokers try to quit each year and do not succeed without a personal quit plan, group support and pharmaceutical aids.

Quitting smoking is a difficult task and often requires four to five quit attempts before a smoker can stay smoke free for good. "Quitting smoking is a two-step process that includes overcoming the physical addiction to nicotine and also learning how to break the habits and routines associated with smoking," says Susan Boling, smoking cessation instructor.

Most often it is the habits and patterns of why and when



Local Health

By Terry Burns

we smoke that are the most difficult to overcome.

The American Lung Association's "Freedom from Smoking" programs offered by Ukiah Valley Medical Center can help you succeed if you are ready to quit. The classes teach you how to quit before you quit, so you know what to expect and how to change your lifestyle to support being a non-smoker.

Quitting smoking is not an event, it is a process of change. At UVMC, smokers are not judged, but rather met where they are and helped to continue the journey toward becoming smoke-free.

With the average cost of cigarettes at about \$4.50 per pack, and the State of California threatening to increase the cigarette tax again, now is a great time to quit. To register for the smoking cessation classes, call 707.463.7524. The first classes start right away in mid-January.

To learn more about smoking cessation, call 1-800-NO-BUTTS, or visit the American Cancer Society at 115 East Smith Street, Ukiah. If you prefer to go online, the following sites have excellent information: http://www.cancer.org/docroot/PED/content/PED_10_13X_Guide_for_Qutting_Smoking.asp, <http://www.lungusa.org/site/pp.asp?c=dvLUK9O0E&b=33484>, or <http://www.cdc.gov/tobacco/>.

It is estimated that 1.3 million smokers will quit this year. You can be one of them.

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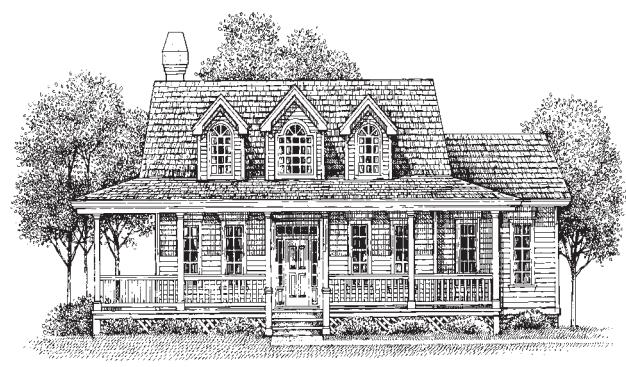
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Tuesday
Jan. 1

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Wednesday
Jan. 2

Beef stew
Pea soup
Rolls
Dessert

Thursday
Jan. 3

Turkey
ala King
Noodles
Green salad
Biscuit
Dessert

Friday
Jan. 4

Chicken
fried steak
Baked potato
Salad
Roll
Dessert

Monday
Jan. 7

Beef pot roast
w/ vegetables
& potatoes
Roll
Dessert

What makes for a good exam?

DEAR DR. GOTTL: Please indicate what a good physical exam should consist of and what tests and procedures should be ordered.

My former doctor never used a stethoscope and didn't do much of anything, but he would charge around \$300 for a physical examination.

DEAR READER: The answer to your question depends on a person's age, sex, health status and many other criteria.

A physician who keeps his stethoscope draped around his neck is practicing bad medicine. Avoid him like the plague, especially if he charges inappropriately and pretends that his incomplete exam is standard procedure.

A stethoscope, when used properly, is a basic requirement for good medical practice. I cannot conceive of a primary care physician who disdains its routine use.

Generally, a doctor should begin with questions regarding conditions that may have occurred since your last visit. Medications should be reviewed for efficacy, as dosages might require modification, or your medication might be eliminated completely. Your general wellness should be reviewed, and any issues should be addressed. A physical exam can include a check of neck pulses, arms, heart, lungs, abdomen, legs, feet for circulation and more based on symptoms. Women, depending on age, might have timely Pap and bone-density tests. Men should have rectal exams.



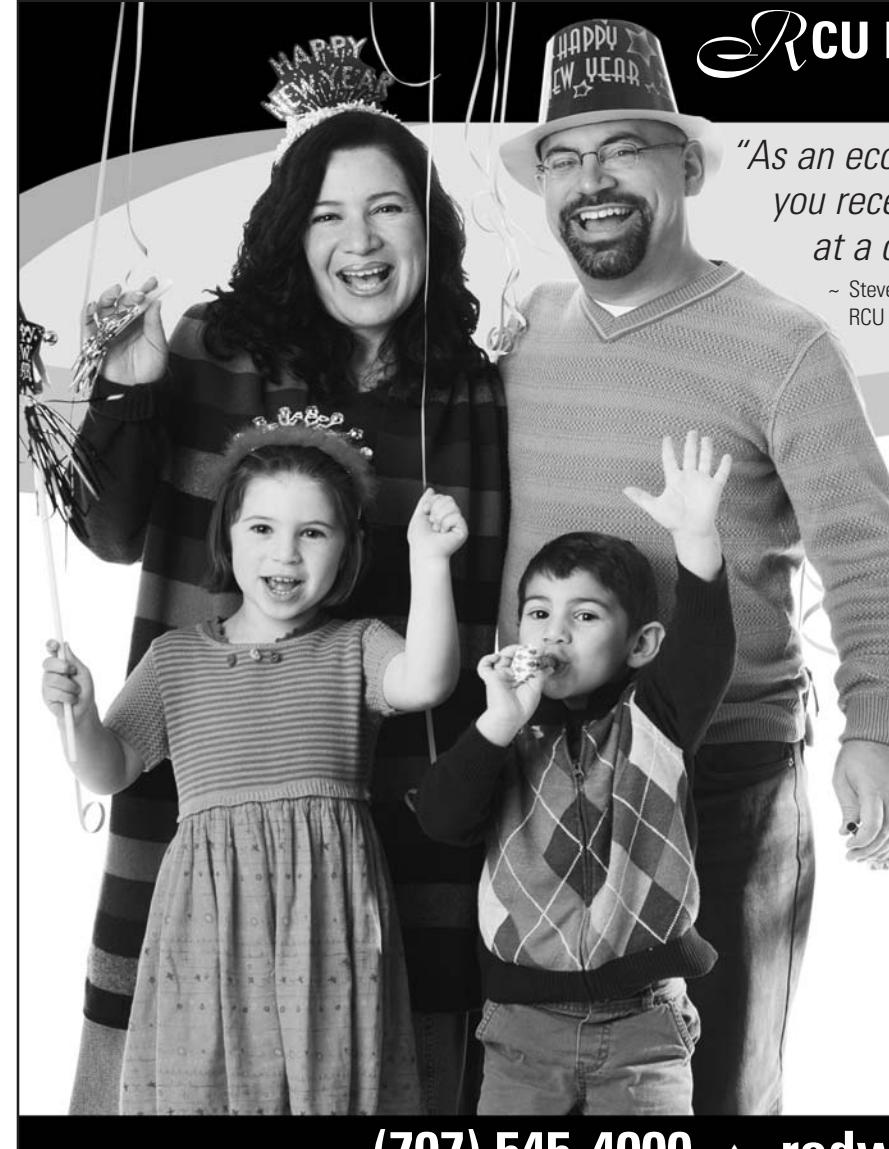
**ASK
DR. GOTTL**
By Peter H. Gott, MD

DEAR DR. GOTTL: I have a dry cough that sometimes produces phlegm. Then I sneeze and my nose runs. I've seen my doctor several times for the condition. First he said it was a sinus infection, then maybe an allergy. The last time, he said I had a virus. Well, I've had the condition for several months and it's getting old. Some days I go hours without coughing, and some days I spend hours coughing. Can you offer any sage advice?

DEAR READER: Your doctor has more work to do to diagnose your cough, which could be secondary to a low-grade lung infection, bronchitis, allergies (that you haven't been tested for yet), asthma, heart failure or a peculiar reaction to certain drugs, notably ACE inhibitors. Return to your doctor for additional testing. If he defers, ask for a referral to a pulmonary specialist.

To give you related information, I am sending you a copy of my Health Report "Pulmonary Disease." Other readers who would like a copy should send a long, self-addressed, stamped envelope and \$2 to Newsletter, PO Box 167, Wickliffe, OH 44092. Be sure to mention the title.

Doctor Gott is a retired physician and the author of the book "Dr. Gott's No Flour, No Sugar Diet," available at most chain and independent bookstores, and the recently published "Dr. Gott's No Flour, No Sugar Cookbook." If readers would like to contact Dr. Gott, they may write him at Dr. Gott c/o United Media, 200 Madison Ave., 4th fl., New York, NY 10016.



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LOCAL CALENDAR

This week:

- Fri., Mendocino women's basketball vs. Feather River @ 4 p.m.

COMMUNITY DIGEST

Junior Trapshooting Clinic

The Clinic will be held on Jan. 12 from 9 a.m.-1 p.m. The cost is \$25 and lunch will be provided. The topics of discussion will include safety, handling and storage of firearms, the history of trapshooting etc. Firearms and ammo will be provided. To sign up and get more info call Cliff Mann at 743-1141 or Chris Hendricks at 743-2445.

BAM Wrestling Club

BAM Wrestling Club practice begins Jan. 3. Practice is on Tuesdays and Thursdays from 6-8 p.m. in the wrestling room at Ukiah High School. Sign-ups begin the day of. The cost is \$50 per wrestler or \$40 each for siblings.

Holiday Hoops Clinic

The second annual New Year's Basketball clinic presented by Nor Cal Basketball and the Pomolita Boosters Club will be held at Pomolita Middle School on Jan. 2-4 from 8:30 a.m. to 1:00 p.m. The Clinic will allow coed minors ages 7-17 to participate.

Campers will receive individual instruction in every phase of the game from qualified local coaches. Each camper will receive a free T-shirt and Basketball. Walk up registration will be accepted. For more information call 972-7057.

Pony and Colt League Signups

Ukiah Pony/Colt league will be having signups for the 2008 season in conjunction with Little League on Jan. 16, 17, and 22. This league is for boys and girls ages 13-17 and all games are located at Anton Stadium.

Please bring a certified copy of your child's birth certificate and the sign up fee of \$75. If you have any questions, call Kris at 468-3800.

North and South Ukiah Little League

Both the North and South Ukiah Little League signups will be held Jan. 16, 17, and 22 from 6-8 p.m. in the Yokayo elementary School Cafeteria.

All parents must bring the following: an original state or federal certified birth certificate, three proof of residency documents, the sign up fee of \$55 for the first child and \$50 for each additional sibling, and a \$30 deposit for required service hours in the form of a check. Players can be no younger than 5 and no older than 12 by April 30 to participate in Little League. Limited scholarships will be available based on financial need.

If you have an question about North Ukiah Little League, you can call the hotline at 468-4232 or visit the website at [www.eteamz.com/sull](http://www.eteamz.com>null. For South Ukiah Little League call 468-8800 or visit their website at <a href=).

Girls Youth Softball League

The City of Ukiah Community Service Department would like to announce the beginning of registration for the 2008 Girls Youth Softball League. Participants may register individually and will be placed on teams according to their grade level.

The League will be divided into the following divisions: grades K-2 (T-Ball); grades 3 and 4 (pitching machine); grades 5 and 6; and grades 7-12. League play begins in early April and will run through early June. Cost is \$50 per player (sibling discounts and Low Income Discounts are available). The registration deadline is March 7, 2008 and forms are available at the City of Ukiah (411 West Clay) and www.cityofukiah.com. For more information, call 463-6714.

Youth Soccer League

Ukiah Valley Youth Soccer League is holding their League Membership Meeting Jan. 22, 6:30 at the Consolidated Tribal Health (on North State St between Calpella and Redwood Valley). At this meeting we will elect new Board of Directors for the 2008 season, establish fee increases adopt any changes to the Constitution, By-Laws and/or General Procedures. This is an open meeting for anyone to attend and give feedback on how your season went. For further information please visit our web-site www.eteamz.com or call the hotline at 467-9797.

High School Baseball Clinic

The city of Ukiah and the Ukiah High Wildcats would like to announce the beginning of registration for a baseball clinic supervised by UHS baseball coaching staff. This clinic is completely free and will be held every Tuesday, Wednesday and Thursday from 3 to 5 p.m. The clinic is open to boys ages 13-17 all the way through the end of January.

Weekend Sports bring the end of football season

By The Associated Press

PRO FOOTBALL

The Washington Redskins had to play all out in their final game and the New York Giants chose to play that way. Their opponents, Seattle and Tampa Bay, eased their way into the playoffs. So the wild-card round in the NFC next week may be a test of whether it's better to have momentum or be rested going into the playoffs. In the AFC,

Jacksonville will be at Pittsburgh coming off losses in which each team played less than its best. Tennessee's 16-10 win in Indianapolis, where the Colts rested most of their stars for much of the game, sent them to San Diego as the second wild-card team over Cleveland.

EAST RUTHERFORD, N.J. (AP) — The New England Patriots completed a perfect regular season

Saturday night, finishing with a remarkable 16-0 record following a thrilling 38-35 comeback victory over the New York Giants.

New England became the first NFL team since the 1972 Dolphins to win every game on the schedule, and that one was only 14-0. This victory required a comeback from a 12-point deficit engineered by the brilliant Brady, and smashed the Patriots' league

mark for consecutive victories.

In gaining their 19th straight win over two seasons, the Patriots also got record-setting performances from Tom Brady and Randy Moss, including the winning score, a 65-yard bomb with 11:06 remaining. Brady beat Peyton Manning's mark of 49 touchdown passes by throwing two to Moss against the Giants (10-6), giving the star quarter-

back 50. Moss broke Jerry Rice's record of 22 TD receptions. And the Patriots finished with an incredible 589 points for the season, another single-season record.

COLLEGE FOOTBALL

SHREVEPORT, La. (AP) — John Parker Wilson completed 13 of his first 15 passes for 185 yards and three touch-

See SPORTS, Page 7

Cal rallies against Air Force

By STEPHEN HAWKINS

AP Sports Writer

FORT WORTH, Texas — DeSean Jackson and Robert Jordan had touchdown catches to help California erase a three-TD deficit sustained while the starting receivers watched from the sideline, and the Bears rallied to beat Air Force 42-36 in the Armed Forces Bowl on Monday.

California (7-6), ranked No. 2 in the nation in October before losing six of seven games, managed to finish with its sixth straight winning season.

Jackson, Jordan and leading tackler Thomas DeCoud were held out of the starting lineup and didn't play the first quarter because of unspecified violations of team rules that occurred before the team got to Fort Worth for the bowl.

Helped by a botched kickoff, Air Force (9-4) led 21-0 after scoring twice in a 2-minute span early in the second quarter — before Jackson and Jordan even got on the field.

But Jackson made an acrobatic 40-yard TD catch to cap his first drive, and Jordan had an 18-yard scoring grab in the third quarter.

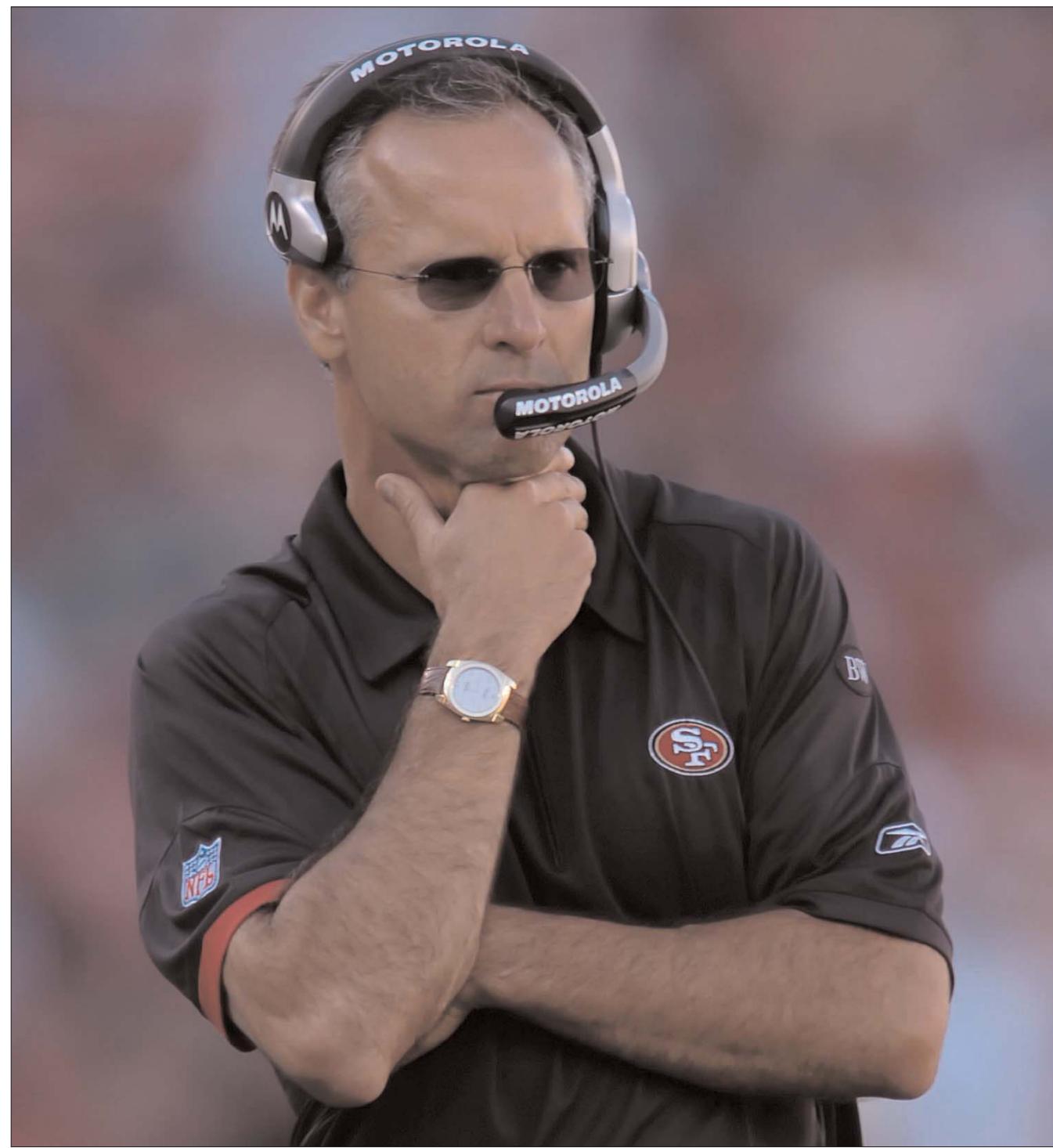
Jordan finished with six catches for 148 yards, and Jackson caught five passes for 81 yards.

Justin Forsett, playing his final collegiate game only about half-hour from his home with about 300 family and friends watching, ran for 140 yards and two TDs on 23 carries.

His 1-yard score with 1:33 left in the third quarter gave the Bears their first lead and put them ahead for good at 28-27. He added a 21-yard TD on Cal's next drive.

Freshman quarterback Kevin Riley, who took over for Nate Longshore in the second quarter, was 16-for-19 passing for 269 yards and three TDs and ran for a score. Longshore had been hampered by a sprained right ankle and coach Jeff Tedford wanted to get Riley some action.

Forsett's go-ahead TD came after Air Force lost four-year starting quarterback Shaun Carney because of a right knee injury when his leg buckled awkwardly while being tackled near the Cal goal line.



Niners Coach Mike Nolan plans to have talks with management this week about his future with the team. The rest of his staff have also been put into question.

Niners look for changes

By DENNIS GEORGATOS

San Jose Mercury News

Plans by owners John and Denise York to re-structure the 49ers front office seem certain to include Scot McCloughan, currently the 49ers vice president of player personnel.

In a brief interview at halftime of Sunday's season-ending 20-7 loss to Cleveland, McCloughan confirmed he has had several meetings with the Yorks about the possibility of becoming the team's general manager.

"There have been some discussions," McCloughan said. While there has been no definitive decision or the extension of the job offer, McCloughan said his future is firmly tied with the 49ers organization.

"I'm not leaving, I'll say that," McCloughan said.

Questions remain about the status of Mike Nolan, who is 16-32 in three years as the 49ers coach, including a 5-11 finish this season. The job security questions extend to his staff as well, particularly first-year offensive coordinator Jim Hostler, who has borne

much of the criticism over the team's struggling offense.

Nolan said he expects to meet this week with ownership.

When Nolan was asked whether he anticipated returning for a fourth season, he replied, "Right now, my expectations are to have a meeting this week."

According to McCloughan, any changes implemented by the Yorks and their son, Jed, could happen quickly.

"It's going to be in the next two or three days," McCloughan said.

Bryant Young didn't quite go out the way he wanted.

Young, who already declared his intention to retire after Sunday's finale, had to leave early in the fourth quarter after suffering a neck stinger.

"I certainly didn't want it to end that way," said Young, who didn't return after incurring the injury from a blow that snapped his head as he rushed the passer. "And I certainly didn't want to end it with a loss but that's the way the game goes some-

times."

It was an emotional day for Young, knowing it was his final game after a brilliant 14-year career. His departure severs the final link to the 49ers last Super Bowl winning team in 1994.

"I tried to soak it in as much as I could but it was pretty tough," said Young. "I tried not to let my mind wander too much about the past because I still had a game to play. It was a special day."

There's already one change to the 49ers coaching staff. Nolan announced after the game that strength and conditioning coach Johnny Parker has decided to retire. Parker worked for 20 years in the NFL, the last three with the 49ers. His retirement will take effect in about a month.

Assistant head coach Mike Singletary also is rumored to be a candidate for the Atlanta Falcons head coaching vacancy. Singletary was a finalist for the job a year ago that went to Bobby Petrino, who resigned three

See Niners, Page 7

Billick fired after 9 seasons in Baltimore

By DAVID GINSBURG

AP Sports Writer

OWINGS MILLS, Md. — Brian Billick was fired as coach of the Baltimore Ravens on Monday, less than a day after his team concluded a disappointing 5-11 season.

Players were told of the dismissal as they packed up their lockers at the team's practice facility.

Billick won the 2001 Super Bowl in his second season with the Ravens, and led the team to a franchise-best 13-3

record in 2006. But Baltimore lost a team-record nine consecutive games this season before ending the skid Sunday with a 27-21 win over Pittsburgh.

"This is the reality of our business," cornerback Samari Rolle said.

Billick's nine seasons with Baltimore was tied for third with Philadelphia's Andy Reid as the third-longest current run with the same team. He took the Ravens to the playoffs in 2000, 2001, 2003 and

2006, but Baltimore won only one postseason game since its Super Bowl run after the 2000 season.

"Sometimes the message can get repetitive after a while," 12-year offensive tackle Jonathan Ogden said.

Ogden said this month that Billick had informed the team he would be returning in 2008. But owner Steve Bisciotti evidently changed his mind.

The Ravens expected to compete for a world championship this season after bring-

ing back almost every starter from last year's AFC North champions. But injuries and a turnover-prone offense contributed to a complete collapse after a 4-2 start, and Baltimore finished last in the division.

"

"

"This year the injury bug not only hit us, (it) hit our prime-time players," linebacker Bart Scott said.

Billick, 53, was hired as Baltimore's coach. He was the offensive coordinator of the Minnesota Vikings before being coming to the Ravens.

"I'm not saying I agree with it," kicker Matt Stover said of Billick's dismissal, "but sometimes things have to change."

Niners

Continued from Page 6

weeks ago to become head coach at Arkansas, Nolan said he hasn't been approached yet by the Falcons for permission to speak with Singletary but that could be forthcoming.

Quarterback Chris Weinke was out of football until the 49ers gave him a call three weeks ago to shore up their depth. After becoming the fourth different quarterback to start a game this season for the 49ers, Weinke, 35, said he's hopes to continue his career.

"Hopefully, I'll get a chance to go training camp with somebody and earn a job somewhere," Weinke said. "I don't think my playing days are over, at least I hope not."

Shaun Hill, who led the 49ers to consecutive wins in two late-season starts, watched from the sideline.

He sat out the game after suffering fractures to the transverse process in his lower back.

"It was awful tough to go from playing to watching," Hill said. "I really wanted to be a part of trying to bring a win for B.Y. in his last game. I just wanted to play with those guys one more time because we had a pretty good thing going."

Hill, a pending free agent, said he "absolutely" wants to return and expressed optimism that a deal could be reached between the sides soon.

Hill also disclosed that he has to have surgery next Wednesday to repair his broken and dislocated right index finger.

He had played through the injury to his passing hand, which he suffered a month ago during team practice drills.

The procedure will involve grafting a piece of bone from his left wrist into a section of the damaged finger.

"It's not a big operation but it's something that's necessary in order for me to have full range of motion with that finger," said Hill, who expects about a six-week rehab.

Andy Lee's net punting average took a hit because of Joshua Cribbs' returns but the Pro Bowl punter still finished with a 41.0 net average. Lee is the first punter to finish the season with a net average above 40 yards since Dave Chapple averaged a record 42.1 for the Los Angeles Rams in 1972.

Cornerback Tarell Brown was taken off the field on a cart after suffering a knee injury while covering a kick in the first quarter.

He was to be evaluated further today.

Sports

Continued from Page 6

downs and Alabama raced to a four-touchdown lead, then held off Colorado 30-24 in the Independence Bowl.

Colorado's attempt at a multi-lateral play as time expired collapsed shy of midfield, ending the game.

Alabama (7-6) stopped a four-game losing streak and avoided consecutive losing seasons for the first time in 50 years. Colorado (6-7) finished below .500 for the second straight year, but was vastly improved from a 2-10 mark in 2006.

CHARLOTTE, N.C. (AP) —

Behind speedy receiver Kenneth Moore and a swarming defense full of big plays, Wake Forest rallied to beat fellow upstart Connecticut 24-10 in the Meineke Bowl on Saturday.

Often called "Weak Forest" for a long history of ineptitude, Wake Forest (9-4) secured the second-most wins in school history, behind only last year's improbable 11-3 mark that included an Atlantic Coast Conference title and an Orange Bowl berth.

While this year wasn't as stellar, Wake Forest finished with nine wins in its last 11 games, and scored 24 unanswered points after falling

behind 10-0 at halftime against the Huskies, who were playing in only their second bowl game.

MEMPHIS, Tenn. (AP) — Anthony Dixon scored on a 1-yard run with 1:54 remaining, Derek Pegues had two interceptions and Mississippi State kept Central Florida's Kevin Smith from breaking the single-season rushing record in a 10-3 victory at the Liberty Bowl on Saturday.

In a game featuring anemic offenses and 17 punts, the Bulldogs (8-5) kept Central Florida (10-4) out of the end zone and held Smith to 119 yards. The junior finished 61 yards shy of Barry Sanders' single-season record of 2,628 yards set for Oklahoma State in 1988.

Dixon finished with 86 yards and won the game with a 1-yard dive after Kyle Israel threw his third interception.

SAN ANTONIO (AP) — Joe Paterno's 500th game as Penn State coach ended the way most have: with JoePa on top.

Evan Royster broke a tie with a 38-yard touchdown run, Deon Butler caught a debatable 30-yard TD pass and Penn State erased an early 14-point deficit to beat Texas A&M 24-17 on Saturday night at the Alamo Bowl.

Paterno, college football's leader in bowl appearances (34), led the Nittany Lions (9-4) in a thriller that brought him his record 23rd postsea-

son win. The 81-year-old coach now has 372 career victories, one behind Florida State's Bobby Bowden for the most in major college football.

Penn State's Rodney Kinlaw ran for 143 yards on 21 carries and Royster finished with 65 on nine carries.

TENNIS

GOLD COAST, Australia (AP) — Shahar Peer of Israel rallied to defeat American Julie Ditty 3-6, 6-0, 6-2 in a first-round match at the Australian women's hardcourt championships.

In other first-round matches, Nathalie Dechy of France defeated Yan Zi of China 6-2, 6-2 and Victoria Azarenka of Belarus defeated two-time Gold Coast champion Ai Sugiyama of Japan 6-2, 6-3.

PERTH, Australia (AP) — Jelena Jankovic and Novak Djokovic won their singles matches as top-seeded Serbia beat Taiwan 3-0 at the Hopman Cup mixed teams tournament. Jankovic defeated Hsieh Su-wei 6-4, 6-4 while Djokovic, who struggled with a back injury in the second set, rallied to beat Lu Yen-hsun 7-5, 2-6, 6-3.

With the match already decided, Jankovic and Djokovic beat Hsieh and Lu 3-6, 6-2, 10-8 (super tiebreaker) in mixed doubles.

Later, France beat Argentina 2-1. Tatiana Golovin opened with a 6-4, 6-

3 win over Gisela Dulko before Argentina's Juan Ignacio Chela beat Arnaud Clement 6-3, 6-1. Chela won on his fifth match point with an ace after double-faulting on his fourth.

Clement, a doubles specialist, and Golovin beat Dulko and Chela 6-3, 6-2 in mixed doubles.

SKIING

OBERSTDORF, Germany (AP) — Thomas Morgenstern had the best leap of the day in the second round to win the first stop of the prestigious Four Hills ski jumping tournament. The Austrian, who has won seven of eight World Cup events this season, was boosted by optimal wind conditions on his second jump of 141.5 meters, pushing him past first-round leader Gregor Schlierenzauer.

Morgenstern finished with 295.9 points while Schlierenzauer was second with 280.7 in front of 22,500 spectators. Four-time Four Hills winner Janne Ahonen of Finland was third with 279.0.

OBERHOF, Germany (AP) — Magnus Moan of Norway battled snowfall and strong wind to win a Nordic Combined World Cup event, edging Bill Demong of the United States by 0.1 seconds. Moan finished in 40 minutes, 8.8 seconds for his first win of the season, with Petter Tande of Norway taking third, 9.1 seconds behind.

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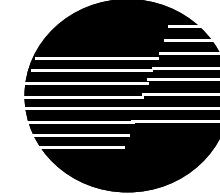
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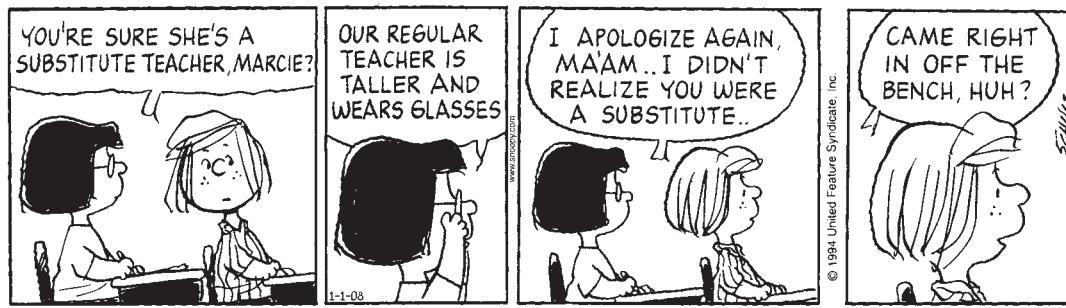
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BLONDIE



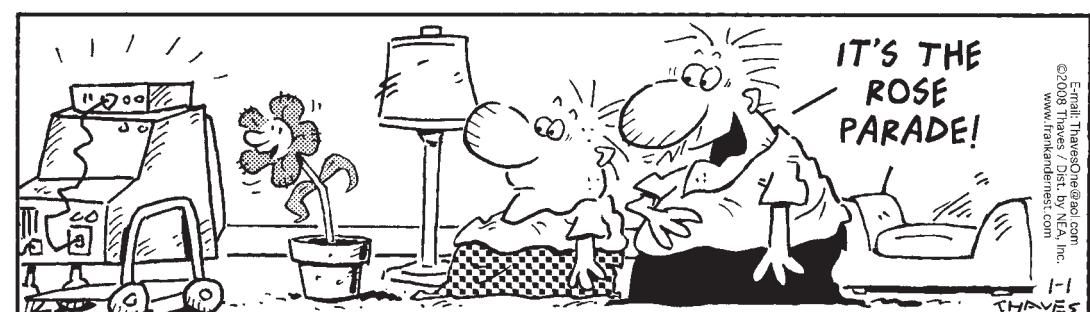
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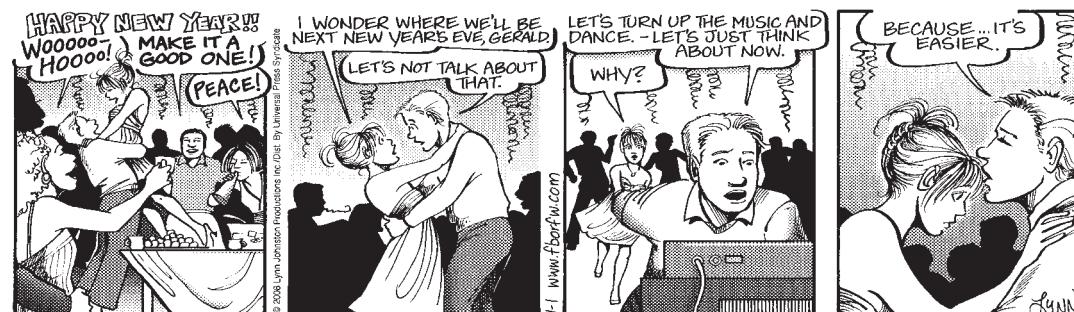
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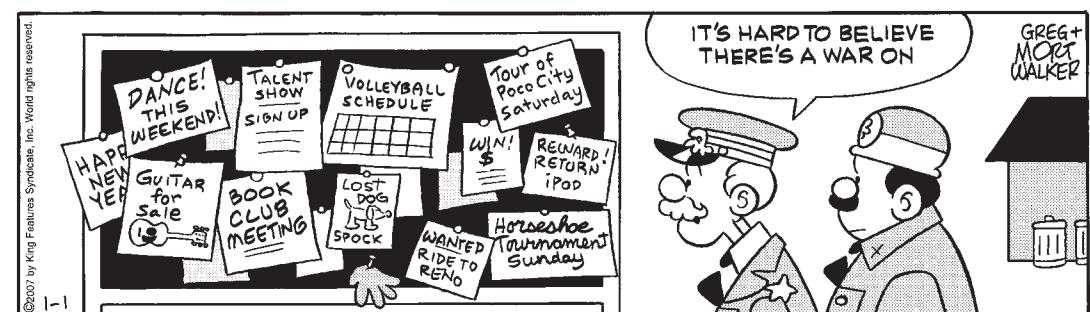
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FOR BETTER OR FOR WORSE



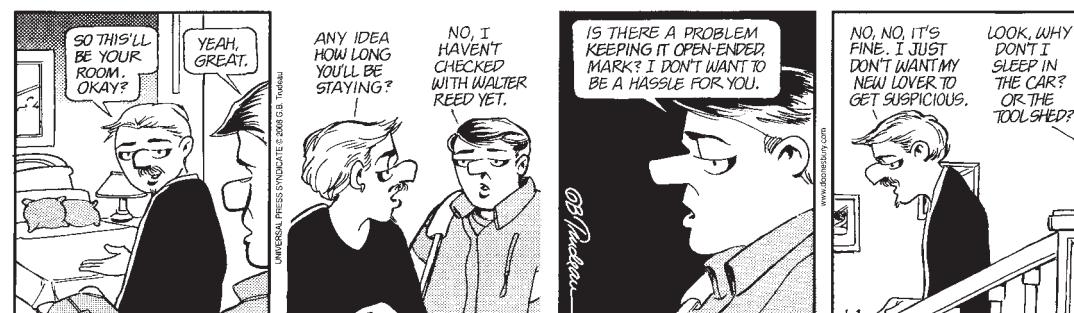
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by Gary Trudeau

HAGAR THE HORRIBLE



by Dik Browne

Datebook: Tuesday, January 1, 2008

Today is the first day of 2008 and the 11th day of winter.

TODAY'S HISTORY: In 1863, the Emancipation Proclamation, freeing Confederate slaves, took effect.

In 1892, the Ellis Island immigration station opened in New York City.

In 1959, the rebel forces of Fidel Castro overthrew the Cuban government of Fulgencio Batista.

In 2002, the Euro became the legal tender for all European Union member states.

TODAY'S BIRTHDAYS: Paul Revere

(1735-1818), American patriot; E.M. Forster (1879-1970), novelist; J. Edgar Hoover (1895-1972), FBI chief; J.D. Salinger (1919-), writer, is 89; Grandmaster Flash (1958-), hip hop performer, is 50.

TODAY'S SPORTS: In 1961, the Houston Oilers won the first American Football League championship, 24-16, against the Los Angeles Chargers.**TODAY'S QUOTE:** "In giving freedom to the slave we assure freedom to the free." -- Abraham Lincoln**TODAY'S FACT:** Kathleen Casey Wilkins, considered the first of some 78 million postwar baby boomers, was born in Philadelphia, a minute after midnight on Jan. 1, 1946.**TODAY'S MOON:** Between last quarter (Dec. 31) and new moon (Jan. 8).

ASTROGRAPH

By Bernice Bede Osol

pate.

CAPRICORN (Dec. 22-Jan. 19) -- Turn the other cheek rather than squabble with someone who doesn't share your philosophy. If you aren't amiable, you'll create a no-win situation that will leave everyone feeling under siege.**AQUARIUS (Jan. 20-April 19)** -- Serious problems cannot be ignored in the hopes that they will

simply go away. That which you neglect will compound itself and cause added complications.

PISCES (Feb. 20-March 20) -- Don't appoint yourself chairman of the entertainment committee. People will have their own ideas, so let them sort out all the suggestions.**ARIES (March 21-April 19)** -- Even though you usually do quite well in competitive situations, that won't be so at this point in time. Let the others joust for a while. Pursue sure things.**TAURUS (April 20-May 20)** -- Be on guard when you are around those who hold an opposing posi-

tion. Don't debate subjects when neither party is willing to surrender.

GEMINI (May 21-June 20) -- There is something festering in your financial or commercial affairs that will erupt if not handled properly. Do not take anything for granted. Watch every move you make.**CANCER (June 21-July 22)** -- Co-workers will have their own headaches to contend with, so don't place any extra burdens on them. It will be the straw that breaks the camel's back.**LEO (July 23-Aug. 22)** -- You will be called upon to perform a service for

another that you'll resent doing. The way you handle the situation will cause negativity.

VIRGO (Aug. 23-Sept. 22) -- Be extremely careful about the way you handle yourself, because if you take something as mundane as a game too seriously, you will spoil the day for everyone else.**LIBRA (Sept. 23-Oct. 22)** -- Usually you're a very generous person. But today you will not be too eager to share with others. You will not give them credit for what they helped you bring about. That's not like you.**SCORPIO (Oct. 24-Nov. 22)** -- Stand up for what you believe, but don't

deliberately introduce a controversial subject. You will be looking for a fight with this kind of attitude, and you might just find one.

SAGITTARIUS (Nov. 23-Dec. 21) -- Be particularly careful about your business or financial dealings, especially if you are with someone who has stung you previously. People do not change who or what they are.*Know where to look for romance and you'll find it. The Astro-Graph Matchmaker instantly reveals which signs are romantically perfect for you. Mail \$3 to Astro-Graph, P.O. Box 167, Wickliffe, OH 44092-0167.*

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Puzzlers

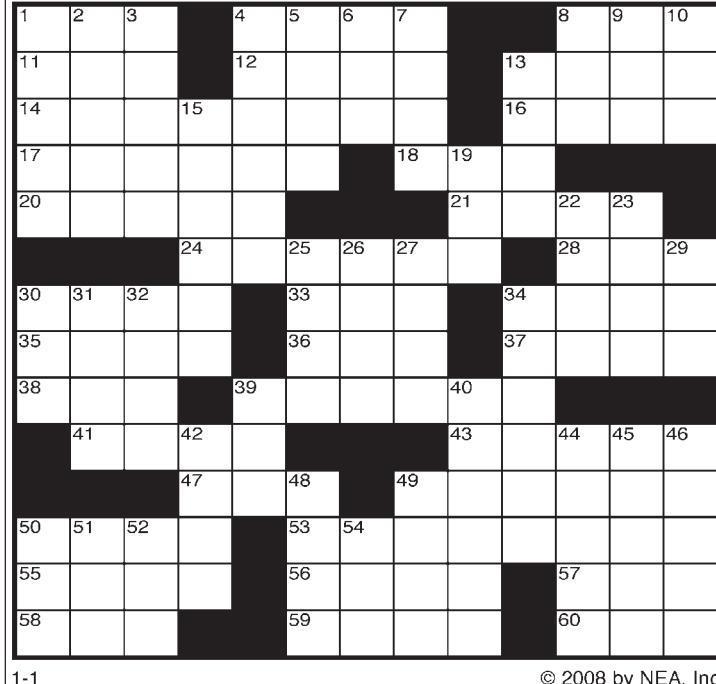
ACROSS

- 1 Dallas NBAer
- 4 Crocus "bulb"
- 8 Drops on the grass
- 11 Is, for them
- 12 Band instrument
- 13 Tiberius' garb
- 14 Orbit
- 16 Entranced
- 17 Promise
- 18 Stop standing
- 20 Holds up well
- 21 Delivery trucks
- 24 Cover crop
- 28 Have a mortgage
- 30 Observance
- 33 Go — diet
- 34 Main role
- 35 Old-time exclamation
- 36 Come to the rescue
- 37 Boulevard liners
- 38 Rx giver, informally

DOWN

- 1 Rain forest parrot
- 2 Pop up
- 3 Vice —
- 4 Soup or salad
- 5 Oscar's kin
- 6 Decay
- 7 Army chow
- 8 Follow relentlessly
- 9 Self-esteem
- 10 Move to and fro
- 13 Cheerio! (hyph.)
- 15 Got frizzy
- 19 — had it!
- 22 Carol
- 23 Did laps
- 25 Victim
- 26 Ounce or inch
- 27 Whipped up
- 29 MS polishers
- 30 Valentine color
- 31 Frankenstein's helper
- 32 Baja fast food
- 34 Pauses
- 39 Juice-based drink
- 40 Yells
- 42 Church alcove
- 44 Frames of mind
- 45 Blender button
- 46 Pizazz
- 48 Jeer at
- 49 Mystery board game
- 50 Chatter away
- 51 Yale athlete
- 52 Fish-catching rig
- 54 First gear

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O	D	O	R	U	M	A	O	R	A
M	E	N	U	F	I	R	E	S	A
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R	I	F	T	S	C	R	E	P	E
C	O	L	E	W	O	N	T	R	I
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U	R	G	E	R	A	E	T	R	I
M	E	S	A	W	L	Y	E	A	H

THE LEARNING CHALLENGER

by Robert Barnett



DIRECTIONS:

- Using each "Chaos Grid" number with its letter one time, arrange the numbers with their letters for the "Order Grid" so each vertical column, horizontal row, and two diagonals each add to numbers inside thick lined cells.
- Some correct numbers with their letters have been put into the "Order Grid" to get you started. Also, above the "Order Grid" is a "Decoded Message" clue.
- After you have solved the "Order Grid" doing as direction "A" says, put the letters from horizontal rows, from left to right, under "Decoded Message" and make words to form the answer.

CHAOS GRID

21	26	25	26
U	O	T	H
21	25	22	26
D	P	O	V
28	28	28	26
Y	A	E	O
27	29	21	25
L	E	O	N

CLUE: A NEW YEAR WISH

101
25
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101
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101
101

ORDER GRID

1/1/2008

DECODED MESSAGE:

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Answers to Previous Learning Challenger
FAIRY TALE WRITER
10 7 7 1 M 1 O
1 7 11 6 Y
U S H Y
7 6 1 11 R
M N W R
7 5 6 7 E R
I T E

1/23/2007

Run in papers of Tuesday, Jan. 1, 2008

CELEBRITY CIPHER

by Luis Campos

Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

Today's clue: E equals V

I Z B T G B O Y B K G B U G L K F O H C U
 E L M Z Y , B K V Z B M Z G L K F O H C U
 S Z L J F I H U Y , B S X T Z K Z B M F S Z G
 O Z B U N L S X O H C B I Z K K Z U W B S .
 - I Z S N U B S A T L S

PREVIOUS SOLUTION — "Youth is when you're allowed to stay up late on New Year's Eve. Middle age is when you're forced to." - Bill Vaughan

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JUMBLE

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

SMACH

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ELLAP

MASHAT

DOUSTI

THAT SCRABLED WORD GAME by Henri Arnold and Mike Argirion



WHEN THE TIPSY PARTYGOER WORE A LAMPSHADE, HIS WIFE SAID HED---

Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

A:

 (Answers tomorrow)

Yesterday's Jumbles: OAKEN AGATE VENDOR HINDER Answer: The couple visited the nature camp because they had — NOTHING "ON"

Some thoughts on New Year's resolutions and goals

ANNIE'S MAILBOX

By Kathy Mitchell and Marcy Sugar

indecision.

Just for today I will exercise my character in three ways. I will do a good turn and keep it a secret. If anyone finds out, it won't count.

Just for today I will do two things I don't want to do, just for exercise.

Just for today I will be unafeard. Especially will I be unafeard to enjoy what is beautiful and believe that as I give to the world, the world will give to me.

Dear Readers: Here's one more: Golden Rules for Living by Miriam Hamilton Kear

- If you open it, close it.
- If you turn it on, turn it off.
- If you unlock it, lock it up.

- If you break it, admit it.
- If you can't fix it, call in someone who can.

6. If you borrow it, return it.

7. If you value it, take care of it.

8. If you make a mess, clean it up.

9. If you move it, put it back.

10. If it belongs to someone else, get permission to use it.

11. If you don't know how to operate it, leave it alone.

12. If it's none of your business, don't ask questions.

Dear Annie: We lost our beautiful 17-year-old daughter a couple of years ago in an automobile accident. Upon learning there was no hope for her survival, we decided to donate her young, healthy organs through the Gift of Life Program in order to help others.

Unfortunately, we have yet to hear from any of the recipients. The people at Gift of Life assured us that they forwarded our wish for communication to those whose prayers were answered through our tragedy. We are not

looking to meet them or know their names. We just need to know something good came from our loss.

Please let your readers know that a simple thank you would make a huge difference to those families who unselfishly donated a loved one's organs. It seems the least a donor recipient can do. Some families, like ours, need to know something positive has come from losing the person they loved. It would mean so much. -- Knowing We Did the Right Thing

Dear Right Thing: Families of donor recipients are not always certain a letter is welcome or appropriate. Many are concerned that an expression of gratitude would somehow bring up unpleasant memories to the family of the deceased. But such a thank you is nearly always appreciated. A note letting the family know the organ donation has saved or improved someone's life can bring comfort and peace of mind, and make them feel their loved one lives on. We hope anyone who is hesitating to write will consider how much it means to the donor family.

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The Ukiah

DAILY JOURNAL

relish

936-07

12-25,28/07,1-1/08

NOTICE OF PETITION TO ADMINISTER**ESTATE****CASE NO.: SCUK CVPB '07 25141**

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: **DAVID W. HUTDLOFF aka DAVID WILLIAM HUTDLOFF**

A PETITION FOR PROBATE has been filed by: **JOSEPH L. HUTDLOFF** in the Superior Court of California, County of Mendocino.

THE PETITION FOR PROBATE requests that: **JOSEPH L. HUTDLOFF** be appointed as personal representative to administer the estate of the deceased.

THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.

THE PETITION requests authority to administer the estate under the *Independent Administration of Estates Act*. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action). The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held on **JANUARY 11, 2008** at 9:30 a.m. in Dept. E, located at: **SUPERIOR COURT OF CALIFORNIA, COUNTY OF MENDOCINO, 100 N. State Street, Ukiah, CA 95482**

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in section 9100 of the California Probate Code. The time for filing claims will not expire before four months from the date hearing noted above.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a *Request for Special Notice* (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A *Request for Special Notice* form is available from the court clerk.

ATTORNEY FOR PETITIONER: David E. Shell, Attorney at Law 206 South Oak Street Ukiah, CA 95482 (707)462-1896

898-07

12-18,22,27/07, 1-1/08

ORDER TO SHOW CAUSE**FOR CHANGE OF NAME****Case No. SCUK CVPT '07 50459**

SUPERIOR COURT OF CALIFORNIA, COUNTY OF MENDOCINO, Court House, Ukiah, CA 95482

IN THE MATTER OF THE APPLICATION OF: **Lynn Sharlene Bennett**

THE COURT FINDS that Petitioner(s) **Lynn Sharlene Bennett** has/have filed a Petition for Change of Applicant(s)' name FROM **Lynn Sharlene Bennett**

TO **Lynn Sharlene Woodward**

THE COURT ORDERS All people interested in this matter appear before this court to show cause why this application for change of name should not be granted on:

HEARING DATE: **Jan. 11, 2007** at 9:30 a.m. in Dept E, located at **Court House, 100 N. State Street, Ukiah, California 95482**

Dated: **Dec. 3, 2007**

/s/ Richard J. Henderson

RICHARD J. HENDERSON

Judge of the Superior Court

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30 LOST & FOUND

After I opened all my presents and ate a big dinner I thought why not go over to Grace Hudson School and see what others got for Christmas. Big mistake. Now instead of being able to play with my toys I am in the Ukiah shelter. I am a young male Fox Terrier who want to go home! Come to the shelter if you lost me or any dog. 298 Plant Rd or call Sage 467-6453

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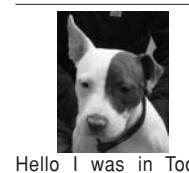
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707-466-3500

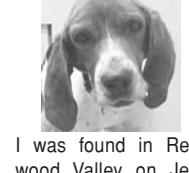
FIND WHAT YOU NEED IN THE CLASSES OFFERED!

30 LOST & FOUND**FOUND**

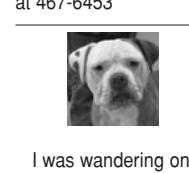
Female Lab mix, reddish coat, very friendly. Found near Confusion Hill. Approx. 6 yrs old. 485-0123



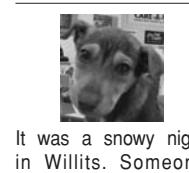
Hello I was in Todd Grove Park on 12/27 to check out the swings and slides. I thought a zip down the slide might be fun. But next thing I knew here I was in the Ukiah Shelter where there is no play equipment that I have seen yet. I am a brown and white female Pitbull. I am friendly. If not claimed I will be available for adoption 1/3. Come to 298 Plant Rd or call Sage 467-6453



I was found in Redwood Valley on Jenkins Rd. after being attacked by some dogs, just before Christmas. I am kind of beat up and sure would like to go home. I am a big male Hound and very sweet. I sure did not start the fight. Please come to the Ukiah Shelter at 298 Plant Rd or call Sage at 467-6453



I was wandering on S. State St. on Sat 12/29 when luckily for me, before a car hit me, I was taken to the Ukiah Shelter at 298 Plant Rd. I am a bit confused and sure do hope my people find me. I am a big male Bulldog. Call Sage if you know me 467-6453



It was a snowy night in Willits. Someone found me on Old Wagon Rd shivering and frightened. I am male Shepherd/mix 3 month old puppy, who is now safe and warm in the Ukiah Shelter. If not claimed I will be available for adoption 12/4. Call Sage at 467-6453



Remember when there were cherry trees at Butlers Ranch? Well I thought I would go up there and take a look. Well not only was there not a cherry in sight, but I got lost. Now I am safe in the Ukiah Shelter at 298 Plant Rd. I am a 4 month old female Lab mix. If no one comes and finds me I will be available for adoption 1/5. Call Sage 467-6453

CASE MANAGER

F/T in Ukiah, to help the elderly avoid nursing home placement. MSW pref'd; or BSW or related degree w/ceas req. Competitive sal. & exc. benefits. Resume. Cov. Ltr. to MSSP.

301 S. State St. Ukiah 95482 EOE

CPSP EDUCATOR

MCHC's Little Lake Health Center & lake-side Health Ctr. seek CPSP Educators. F/T \$15+DOE. Fax: 707-468-0793

skennedy@mchcinc.org for job description

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Mathematics Education Institute

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Our Private Non-Public School (North Haven) located in Ukiah is seeking a Day Care Aide responsible for assisting the Day Care Manager with child supervision, & development of materials & activities. Req: Must be at least 17 yrs old, with H.S. diploma or GED equivalency preferred. Experience working in a childcare center is a plus. Competitive pay & benefits. Fax resumes to: 877-382-7617 or visit 915 Church St., Ukiah www.aes-ssg.org

AES is EOE.

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CASE MANAGER

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301 S. State St. Ukiah 95482 EOE

CPSP EDUCATOR

MCHC's Little Lake Health Center & lake-side Health Ctr. seek CPSP Educators. F/T \$15+DOE. Fax: 707-468-0793

skennedy@mchcinc.org for job description

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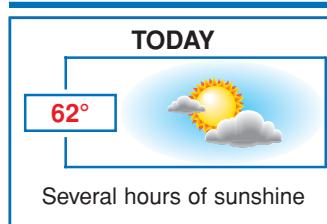
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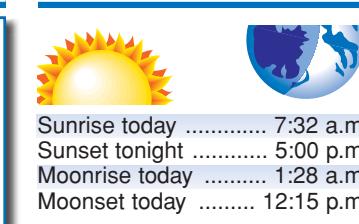
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3-DAY FORECAST



Several hours of sunshine

SUN AND MOON

Sunrise today 7:32 a.m.
Sunset tonight 5:00 p.m.
Moonrise today 1:28 a.m.
Moonset today 12:15 p.m.

MOON PHASES



New Jan. 8 First Jan. 15 Full Jan. 22 Last Jan. 29

ALMANAC

Ukiah through Sunday.

Temperature

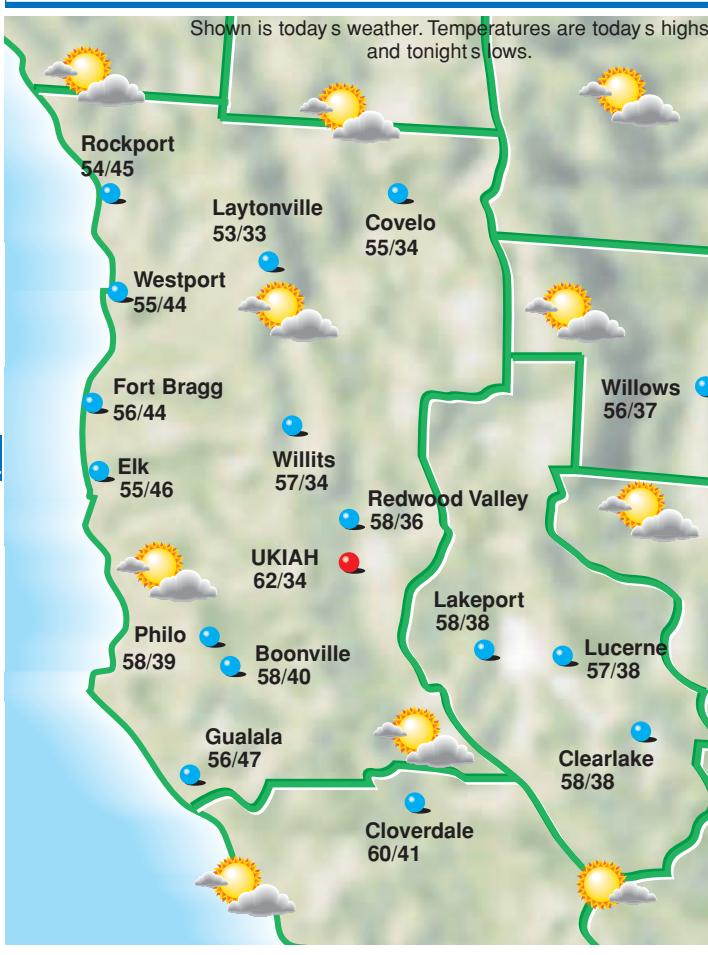
High	52
Low	31
Normal high	55
Normal low	36
Record high	70 in 1980
Record low	20 in 1915

Precipitation

Sunday	0.00"
Month to date	6.63"
Normal month to date	5.75"
Season to date	9.63"
Last season to date	10.38"
Normal season to date	14.08"

Forecasts and graphics provided by AccuWeather, Inc. 2008

REGIONAL WEATHER



CALIFORNIA CITIES

City	Today		Wed.		City	Today		Wed.	
	Hi	Lo/W	Hi	Lo/W		Hi	Lo/W	Hi	Lo/W
Anaheim	76	48/pc	70	48/pc	Napa	58	41/pc	56	44/pc
Antioch	56	41/s	57	44/pc	Needles	63	42/s	67	40/pc
Arroyo Grande	66	42/pc	64	40/pc	Oakland	60	41/s	58	48/pc
Atascadero	66	36/pc	64	43/pc	Ontario	71	41/s	72	44/pc
Auburn	57	41/s	56	45/pc	Orange	77	47/pc	72	44/pc
Barstow	54	32/s	58	37/pc	Oxnard	73	47/pc	65	49/pc
Big Sur	65	44/s	60	50/pc	Palm Springs	66	42/s	68	46/pc
Bishop	53	19/s	53	23/pc	Pasadena	75	47/pc	69	51/pc
Blythe	64	37/s	68	40/pc	Pomona	71	45/pc	70	43/pc
Burbank	74	44/pc	69	48/pc	Potter Valley	57	36/pc	51	41/c
California City	56	36/s	60	32/pc	Redding	54	31/pc	52	40/c
Carpinteria	71	50/pc	61	46/pc	Riverside	74	40/pc	72	42/pc
Catalina	69	50/pc	64	50/pc	Sacramento	53	37/s	55	45/pc
Chico	56	40/s	54	42/pc	Salinas	69	39/s	61	49/pc
Crescent City	58	44/pc	55	46/r	San Bernardino	71	43/pc	71	44/pc
Death Valley	61	36/s	69	37/pc	San Diego	74	46/pc	65	51/pc
Downey	76	49/pc	71	49/pc	San Fernando	73	46/pc	68	47/pc
Encinitas	72	49/pc	65	47/pc	San Francisco	58	45/s	58	50/pc
Escondido	77	43/pc	72	45/pc	San Jose	61	40/s	61	48/pc
Eureka	58	41/pc	55	44/r	San Luis Obispo	71	38/pc	67	45/pc
Fort Bragg	56	44/pc	54	45/c	San Rafael	58	44/s	57	47/pc
Fresno	54	36/s	58	44/pc	Santa Ana	73	47/pc	68	48/pc
Gilroy	63	40/s	60	45/pc	Santa Barbara	71	39/pc	62	45/pc
Indio	69	39/s	72	41/pc	Santa Cruz	62	43/s	60	48/pc
Irvine	73	47/pc	68	48/pc	Santa Monica	74	49/pc	66	51/pc
Hollywood	75	49/pc	69	49/pc	Santa Rosa	57	36/pc	56	46/pc
Lake Arrowhead	58	33/pc	59	26/pc	S. Lake Tahoe	45	17/pc	45	27/pc
Lodi	55	39/s	56	44/pc	Stockton	54	36/s	55	44/pc
Lompoc	68	41/pc	64	46/pc	Tahoe Valley	45	17/pc	45	27/pc
Long Beach	73	45/s	70	50/pc	Torrance	76	50/pc	70	51/pc
Los Angeles	74	46/pc	69	50/pc	Vacaville	55	39/s	56	47/pc
Mammoth	51	26/s	48	15/pc	Vallejo	56	44/s	56	45/pc
Marysville	56	40/s	55	42/pc	Van Nuys	77	42/pc	70	46/pc
Modesto	54	36/s	57	43/pc	Visalia	52	34/pc	56	43/pc
Monrovia	76	46/pc	71	48/pc	Willits	57	34/pc	50	40/c
Monterey	65	42/s	61	49/pc	Yosemite Valley	51	20/s	52	24/pc
Morro Bay	65	43/pc	61	50/pc	Yreka	46	27/pc	44	29/c

Weather (W): s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

Lake Mendocino — Lake level: 711.37 feet; Storage: 30,317 acre-feet (Maximum storage 122,500 acre-feet) Inflow: 59 cfs Outflow: 80 cfs

Air quality — Ozone: .038 ppm (State standard .090 ppm) Carbon monoxide: .53 ppm (20.0 ppm) Nitrogen dioxide: .016 ppm (.25 ppm)

NASA releases information on unprecedented survey of pilots

By RITA BEAMISH

Associated Press

NASA grudgingly released some results Monday from an \$11.3 million federal air safety study it previously withheld from the public over concerns it would upset travelers and hurt airline profits.

It published the findings in a format that made it cumbersome for some for any thorough analysis by outsiders.

Released on New Year's Eve, the unprecedented research conducted over nearly four years related to safety problems identified by some 29,000 pilots interviewed by telephone.

Earlier characterizations from people who have seen the results said they would show that events like near-collisions and runway interference occur far more frequently than previously recognized. Such information could not be gleaned from the 16,208 pages posted by NASA on its Web site, however, because of the way it was presented. The data was based on interviews with about 8,000 pilots per year from 2001 until the end of 2004.

The NASA Web site shows formatted, printed reports that the space agency scrubbed to ensure none of the pilots who were interviewed and promised anonymity could potentially be identified. The

data was posted as NASA officials began a telephone news conference, allowing no time to look at the material and ask them questions about it. NASA did not provide documentation on how to use its data, nor did it provide keys to unlock the cryptic codes used in the dataset.

NASA Administrator Michael Griffin told reporters the agency typically releases information in Adobe System's portable document format, known as pdf, which presents the information on formatted, printed pages. But there are dozens of reports available from NASA's Web site about other subjects in Microsoft's Excel data format, which would permit researchers to conduct a meaningful analysis more easily.

Griffin said NASA wanted to ensure that no one modified the survey results and circulated false data as NASA's research product. He said even inexpensive optical character recognition software could convert the formatted reports. Such software can risk introducing errors in the data as it performs these conversions.

"We've gone the extra mile with this data, and well beyond our original intentions," Griffin said.

He dismissed suggestions that NASA chose to release

the data late on New Year's Eve, when the public is distracted by holidays and news organizations are thinly staffed.

"We didn't deliberately choose to release on the slowest news day of the year," Griffin said.

NASA drew harsh criticism from Congress and news organizations for keeping the information secret. Rejecting an Associated Press request under the Freedom of Information Act, NASA explained that it did not want to undermine public confidence in the airlines or hurt airline fortunes.

Griffin later overruled his staff and promised Congress that he would release at least some data by the end of the year.

NASA's survey, the National Aviation Operations Monitoring System, was launched to see if a massive pilot survey would help pinpoint problems and prevent accidents. Survey planners said it was unique because it was a random survey, with an 80 percent response rate, that did not rely on pilots to take the initiative to report problems but rather reached out and interviewed them.

Griffin said NASA never intended to analyze the data it collected, but rather they planned on passing on its methodology to the aviation

community.

He said he had only looked at a few results, but that, "It's hard for me ... to see any data here that the traveling public would care about or ought to care about." That would be up to others who chose to analyze the data, he said.

Pilots were asked how many times they encountered safety incidents in flight and on the ground, such as near-collisions, equipment failure, runway interference, trouble communicating with the tower and unruly passengers.

Griffin outraged some NASA employees by saying the project had been poorly managed and its methodology not properly vetted. Survey experts who worked on it, however, said they used state-of-the-art industry techniques and carefully validated the results.

NASA's handling of the matter prompted a congressional investigation and separate investigations by its inspector general and by a union representing NASA workers.

Jon Krosnick, a Stanford University professor who helped design the project for NASA, said the released data was inadequate and "intentionally designed to prevent people from analyzing the rates properly and are designed to entrap analysts into computing rates that are

much higher than the survey really shows."

Federal Aviation Administration officials in a recent telephone interview questioned the project's results showing more safety incidents than the FAA's own data.

"It's just something that were going to have to try and understand," Peggy Gilligan, FAA deputy associate administrator, said. "We are always interested in any kind of safety data, but we always want to look at it in terms of its quality, its quantity and how we're going to use it and what assumptions underlie it."

She noted NASA's interview questions didn't track specifically with FAA report language and said pilot responses were their subjective views over 30- to 90-day